

Beef Stir-Fried With Broccoli
(Betty Crocker's Chinese Cookbook, Page 35)

8 medium dried black mushrooms
1 pound beef flank or tenderloin steak
1 tablespoon vegetable oil
1 teaspoon cornstarch
1 teaspoon salt
1 teaspoon sugar
1 teaspoon soy sauce (light or dark)
1/8 teaspoon white pepper

1 1/2 pounds broccoli
2 green onions (with tops)
1/4 cup chicken broth or cold water
1/4 cup oyster sauce
2 tablespoons cornstarch

3 tablespoons vegetable oil
1 teaspoon finely chopped gingerroot
1 teaspoon finely chopped garlic

2 tablespoons vegetable oil
1/2 teaspoon salt
1/2 cup chicken broth

Soak mushrooms in warm water until soft, about 30 minutes; drain. Rinse in warm water; drain. Remove and discard stems: cut caps into 1/2-inch slices. Trim fat from beef; cut beef with grain into 2-inch strips. Cut strips across grain into 1/2-inch slices. Toss beef, 1 tablespoon vegetable oil, 1 teaspoon cornstarch, 1 teaspoon salt, sugar, soy sauce and white pepper in glass or plastic bowl. Cover and refrigerate 20 minutes.

Cut broccoli into 1-inch pieces. Cut lengthwise gashes in stems thicker than 1 inch. Place broccoli in boiling water. Cover and cook 1 minutes; drain. Immediately rinse under running cold water; drain. Cut green onions into 2-inch pieces. Mix 1/4 cup chicken broth, the oyster sauce and 2 tablespoons cornstarch.

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Heat wok until 1 or 2 drops of water bubble and skitter when sprinkled in wok. Add 3 tablespoons vegetable oil; rotate wok to coat sides. Add beef, gingerroot and garlic; stir-fry until beef is brown, about 3 minutes. Remove beef from wok.

Add 2 tablespoons vegetable oil to wok; rotate to coat sides. Add mushrooms, broccoli and $\frac{1}{2}$ teaspoon salt; stir-fry 1 minute. Stir in $\frac{1}{2}$ cup chicken broth; heat to boiling. Stir in Beef; heat to boiling. Stir in cornstarch mixture; cook and stir until thickened, about 15 seconds. Garnish with green onions. *7 servings.*

Microwave Reheat Directions: Prepare Beef with Broccoli as directed except—omit green onions; cover and refrigerate no longer than 48 hours. Just before serving, prepare green onions. Cover beef mixture tightly and microwave on microwaveproof platter or bowl on high (100%) power 4 minutes; stir. Cover and microwave until hot, about 6 minutes longer. Garnish with green onions.