

Stir-Fried Orange Beef

1 1/2 lbs (675 g) flank or sirloin steak
The zest and juice of 1 large orange
1 tsp (5 ml) plus 1 Tbs (15 ml) peanut oil
2-4 cloves garlic, finely chopped
1/4 tsp (1 ml) crushed red pepper flakes, or to taste
1 Tbs (15 ml) soy sauce

Cut the beef into the thinnest slices possible – this is easier if the beef is slightly frozen. Cut the slices of beef into bite-size pieces and combine in a bowl with the orange zest and 1 teaspoon (5 ml) peanut oil. Refrigerate for 1 to 4 hours. Heat the remaining oil in a large heavy skillet or wok and saute the garlic for about 10 seconds before adding the beef mixture. Add the hot pepper flakes and stir constantly until the meat loses its redness, 2 to 3 minutes. Add the soy sauce and about 2 tablespoons (30 ml) of the reserved orange juice. Serve immediately. Serves 4 to 6.

Bon appetit from the Chef at World Wide Recipes