

BEEF IN HONEY GARLIC SAUCE

1 KG BEEF (MOOSE IS A GOOD SUBSTITUTE)
2 FLOZ SOY SAUCE
1 FLOZ VEGETABLE OIL
1-3 GARLIC CLOVES AS DESIRED
AS NEEDED CORN STARCH
AS NEEDED VEGETABLE OIL

PROCEDURE:

1. CUT BEEF INTO BITE-SIZE PIECES. MAKE AS MUCH EFFORT AS POSSIBLE TO CUT ACROSS THE GRAIN TO HAVE A MORE TENDER MORSEL OF MEAT.
2. MINCE GARLIC AND MIX WITH BEEF, SOY SAUCE, AND VEGETABLE OIL.
3. SET ASIDE FOR 20 MINUTES.
4. PRE-HEAT A SKILLET WITH OIL IN THE BOTTOM SO THAT IT IS ABOUT A ¼" OR 0.5 CM DEEP.
5. REMOVE BEEF FROM THE MARINADE AND COAT IN CORNSTARCH.
6. FRY BEEF PIECES MAKING SURE NOT TO CROWD THE PAN. PIECES SHOULD BE GOLDEN GROWN AND A LITTLE CRISPY. PLACE ON PAPER TOWEL TO DRAIN.
7. ONCE ALL BEEF HAS BEEN COOKED, COMBINE WITH HONEY GARLIC SAUCE AND ALLOW TO SIMMER FOR 2-3 MINUTES.

AGRICULTURE EXPO 2024