

# Mongolian Beef with Coconut Rice

## For Mongolian Beef:

- 2 teaspoons vegetable oil
- 2 teaspoon ginger, minced
- 1 tablespoon garlic, chopped
- 1 cup soy sauce
- 1 cup water
- 1 1/2 cup dark brown sugar
- vegetable oil, for frying (about 1 cup)
- 2 lb tenderloin tips
- 1/2 cup cornstarch
- 5 large green onions, sliced thinly on the diagonal into one-inch lengths
- toasted sesame seeds for garnish

## For Coconut Rice:

- 1 shallot, minced
- 1 1/2 tablespoons minced ginger
- 3 tbsp. butter
- 1 1/2 cups brown long grain rice (you can use white rice as well)
- 1 can coconut milk
- 1 cup shelled edamame
- salt to taste
- chicken stock or broth

## For Mongolian Beef:

Make the sauce by heating 2 tsp of vegetable oil in a medium saucepan over med/low heat. Don't get the oil too hot so as to avoid scorching garlic and ginger. Add ginger and garlic and add the soy sauce and water. Dissolve the brown sugar in the sauce, then raise the heat to about medium and boil the sauce for 2-3 minutes or until the sauce thickens. Remove it from the heat. Slice the tenderloin tips against into 1/4" thick bite-size slices. Dust the steak pieces into the cornstarch to apply a very thin coating to both sides of beef. Let the beef sit for about 10 minutes so that the cornstarch adheres. As the beef sits, heat up the oil in a skillet so beef has space to sear. Heat the oil over medium heat until it's hot, but not smoking. Add the beef to the oil and sear on both sides for just two minutes, or until the beef just begins to darken on the edges. Stir the meat around a little so that it cooks evenly. Remove with a slotted spoon, drain on paper towels, discard oil. Put the pan back over the heat, place the meat back in along with sauce stirring for about another minute, then add 3/4 of green onions until beef is finished cooking about one more minute, then remove the beef and scallions with a slotted spoon to a serving plate. Leave the excess sauce behind in the pan.

## For Coconut Rice:

Combine coconut milk with chicken broth so you have 3 cups of liquid. Set aside. Melt butter on medium heat, stir in shallot and ginger until fragrant. Turn up heat, add rice and stir constantly for about a minute. When rice is well coated, add liquid and let it come to a rapid boil. Add edamame, lower heat to simmer and cover. Cook according to package directions which is about an hour for brown rice.

