

## Seasonal Eating



# Sesame Orange Beef and Broccoli Stir Fry

- 1/2 cup orange juice
- 1/4 cup chicken broth
- 1/4 cup soy sauce
- 2 teaspoons sesame oil
- 2 1/2 teaspoons cornstarch
- 1 pound beef flank steak or flat iron steak, cut into thin strips
- 2 teaspoons soy sauce
- 3 tablespoons peanut or vegetable oil, divided
- 3 cups broccoli florets and peeled, chopped stems
- 1 green or red bell pepper, cut into strips
- 1/2 cup water
- 2 green onions, sliced
- 3 cloves garlic, minced
- 1 tablespoon minced ginger root
- Cooked rice
- 1 tablespoon sesame seeds, toasted

For the sauce, combine the orange juice, broth, soy sauce, sesame oil and cornstarch in a bowl. Set aside. For the stir fry, combine the meat and the soy sauce in a bowl. Heat a large skillet over high heat. Add 1 tablespoon of the vegetable oil and heat until just smoking. Add the beef and stir fry for 3 minutes until browned. Transfer to a bowl. Add 1 more tablespoon of oil to the pan. Heat until the oil shimmers. Add the broccoli, bell pepper and then carefully add the water, as it will spatter a little. Cook, covered, for 3 minutes until the broccoli is bright green and tender-crisp. Add the green onion and cook for 2 minutes until tender. Move the vegetables to one side of the skillet. Turn the heat to medium-low and add the last tablespoon of oil and the garlic and ginger. Cook gently for about 30 seconds until fragrant. Add the beef to the pan. Stir the sauce mixture and pour over the vegetables and beef. Cook, stirring, for 1-2 minutes until the sauce thickens. Pour over cooked rice and top with sesame seeds.