

Cooking School

with the London Chef

Ginger Fried Beef & Vegetables w/ Chef Heidi

For a true chef mis-en-place experience we suggest having the ingredients out, washed and measured, and the equipment ready to go before you begin cooking. Pour yourself a large glass of whatever you like to enjoy while cooking, and remember to have fun in the kitchen! These quantities can be easily doubled, but if you increase food quantity make sure to use appropriate sized pots/pans for for the best outcome.

Ingredients

500 g sirloin steak
Cornstarch
Vegetable oil
Large chunk fresh ginger
4 cloves garlic
1 large carrot
3 green onions
White sugar
Soy sauce
Rice vinegar
Dry sherry
Sesame oil
Chinese red chili powder, gochugaru
OR cayenne
Toasted sesame seeds
White rice 2 to 4 cups green
vegetables (e.g. broccoli, snow peas,
asparagus)

Equipment

Mixing bowls
Small bowls or ramekins
Knife
Cutting board
Sieve
Wooden spoon
Spatula
Slotted spoon
Measuring spoons
Measuring cups
Cast iron skillet
Large skillet or wok
Pot for cooking rice OR rice cooker
Large pot for blanching vegetables
Colander