

Beef And Napa Cabbage Stir-Fry

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You don't need an endless supply of ingredients to create a flavor-packed stir-fry. Here, flank steak and fresh Napa cabbage come together without fuss, thanks to a Chinese sauce that requires little work.

ingredients

- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar (not seasoned)
- 2 teaspoons oyster sauce
- 1 tablespoon cornstarch
- 1 pound flank steak
- 3 tablespoons vegetable oil, divided
- 3 garlic cloves, smashed
- 1 (1-inch) piece peeled ginger, cut into 1/4-inch-thick slices
- 1 pound Napa cabbage, leaves and stems separated if desired, then cut into 1 1/2-inch pieces

Equipment: a well-seasoned 14-inch flat-bottomed wok

Garnish: chopped scallion

preparation

Stir together soy sauce, vinegar, oyster sauce, and cornstarch.

Pat steak dry, then halve lengthwise and cut crosswise into 1/4-inch-thick slices. Toss with 1/2 teaspoon salt and 1 teaspoon pepper.

Heat wok over high heat until a drop of water evaporates immediately. Add 2 tablespoons vegetable oil, swirling to coat, then stir-fry garlic and ginger until golden and fragrant, about 30 seconds. Add beef, quickly spreading pieces in 1 layer on bottom and sides of wok. Cook, undisturbed, 2 minutes, then stir-fry until meat is just browned but still pink in center, about 1 minute. Transfer to a bowl.

Wipe wok clean, then swirl in remaining tablespoon oil and stir-fry cabbage stems over high heat until crisp-tender, about 2 minutes. Add cabbage leaves and beef with juices, then stir soy mixture and add. Stir-fry until sauce is simmering and slightly thickened, 1 to 2 minutes. Discard ginger if desired; season with salt.

nutritional information

Per serving: 287 calories, 16 g fat (3 g saturated), 37 mg cholesterol, 403 mg sodium, 37 g carbohydrates, 2 g fiber, 26 g protein

Nutritional analysis provided by Nutrition Data

See Nutrition Data's complete analysis of this recipe ›