



# Mongolian Beef

## INGREDIENTS:

### MONGOLIAN BEEF

1 (16-Ounce) Flank Steak  
 1 Egg  
 1 Teaspoon Cornstarch  
 3 Cups Plus 2 Tablespoons  
 2 Teaspoons Vegetable Oil, Plus  
 More for Frying  
 5 Ounces Cooked Rice Noodles  
 1 Tablespoon Ground Garlic  
 3/4 Cup (3/4-Inch Long) Scallion  
 Slices, Green and White Parts  
 1/4 Cup Sugar  
 1 Teaspoon Ground Black Pepper  
 3 Teaspoons Soy Sauce

## DIRECTIONS:

1. Trim the fat of the flank steak and cut into thin pieces against the grain. Marinate the meat for 1 hour in a mix of egg, cornstarch, and 2 tablespoons oil.
2. In large wok, cook the rice noodles in 2 inches of hot oil for just a few seconds, or until they puff up. Drain the noodles and set to the side. Heat up the wok again with 3 cups of oil to 350 degrees F and add the cut up flank steak. Stir for 3 to 4 minutes, and then remove from the heat and drain well.
3. Heat the wok up again and add 2 teaspoons oil, ground garlic, all the cut up scallions, and the marinated beef. Cook for 2 to 3 minutes. Now add the sugar, black pepper, and soy sauce and cook for another 3 to 4 minutes. Remove from the heat and serve over the rice noodles.

**COOKING  
 SKILLS  
 ACADEMY**