

Beef with Broccoli (I think I originally got this recipe from Sunset Magazine ... not sure anymore!)

Mix the following together in a bowl large enough to accommodate 1 pound of beef:

- 1 Tablespoon soy sauce (or tamari for the wheat-challenged)
- 1 Tablespoon vegetable oil
- 1 teaspoon vegetable oil
- 1 teaspoon cornstarch
- ½ teaspoon sugar

Add: 1 (1-lb) beef flank steak, sliced thin (I've used sirloin steak with great success as well)

If you add it a bit at a time and mix the sauce with it, you'll have a more evenly coated meat.

Mix:

- ½ cup water
- 1 Tablespoon
- 1 teaspoon sugar
- 2 Tablespoons sherry
- 1 Tablespoon oyster-flavored sauce
- 1 teaspoon sesame oil
- ¼ teaspoon salt

... and set aside.

Heat wok over high heat (or extra large skillet if you don't have a wok). Add 2 Tablespoons vegetable oil. Add **1 finely chopped clove of garlic** and **1 Tablespoon freshly shredded gingerroot**. Add beef mixture and cook till no more pink is visible. Add **1 (1 lb.) bunch of broccoli and ¼ lb. shitake mushrooms**.

Cover and cook (do not reduce heat—unless you are burning!) until broccoli is still bright green, but tender.

Add sauce ingredients and cook until thickened. Stir to coat beef and vegetables.

Put in serving dish and top with **¼ cup sliced green onions**.

Serve over steamed rice.