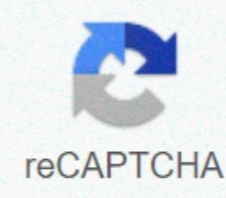




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## The cozy apron mongolian beef

The next time you crave Mongolian beef in that sweet and shiny salted sauce, skip a trip to the restaurant and make this popular dish in the comfort of your kitchen-this version is incredibly easy, and healthier, too! Searching for Mongolian beef leads me... Home? Beef is Mongolian, and what makes it so popular? This particular dish has everything we love about American Chinese cuisine; And when done right, it's quite sweet and salty, a little spicy and loaded with a lot of delicious aromatics like ginger, garlic, green onions and even a few dry red chillis, all combining to have a good pop of deep, fragrant flavors. Most of the time when my husband and I have a hankering for a little meal out but can't quite align our cravings, we can almost always settle in our favorite little Asian restaurant about fifteen minutes from home. It's not a fantasy at all, and some argue that it's not necessarily even that valid, but it's okay with us. The food is always warm, delicious and savory, the service is incredibly friendly and we haven't faced a time when we haven't enjoyed ourselves when we go. This place has me wide, and I have to say I like to sample as much as I can from something different. And for years I wanted to try Mongolian beef, a dish that many big-name Asian restaurant chains usually offer. But I discovered that our favorite place didn't actually have it on your menu! So of course that meant that I had to put my own Mongolian beef recipe together (after doing a little research), so that I could finally enjoy this popular entrée restaurant, and for myself to see why folks love it so much! Mongolian beef, made from scratch! I find that when I crave Asian food, I'm either looking for something light, fresh and healthy; or something more extreme, like a dish of crispy, cheeky and savory meat, is served over a bed of rice or noodles. And Mongolian beef is definitely a great representation of the latter. For my Mongolian beef recipe, I found that using tuck steak is actually the best option; since it's tender and Sears is so quickly in a hot cast iron skillet, the next best thing when one doesn't have a wok. And then to give this dish its signature shiny flavoring, I have a simple sauce with a little soy, hoycin, and brown sugar ready to drizzle over the top as a finisher. Turns out that Mongolian beef is not a tasty meal that one really needs to visit an Asian restaurant to enjoy, because it's actually quite quick and easy to prepare at home, which is still the best place to enjoy a spectacular meal! By Ingrid Beer this Mongolian beef is generous in taste, and cooks up quickly for a better tasty meal than quality restaurants at home! Category: Entree Foods: Asian Performance: Serves 6 Nutrition Information: 423 Calories Prep Time: 20 minutes Cooking time: 15 minutes Total time: 35 Ingredients: 1/4 cup plus 2 tbsp hoycin sauce 2 tbsp soy sauce 1 tbsp brown sugar 1 tbsp water 1 1/2 pound flank steak, cut very thinly against the grain (on the bias) is a great pick for this recipe; But you can use Sirloin, or any other fast cooking beef. (Avoid stewed meat, it's as hard.) Choose your spicy surface: since the red chillis are all left dry, they will add plenty of heat to the container unless you bite directly into them; But feel free to leave this if cooking for folks with sensitive palate. Get that super hot pan: Because you don't want to beef hard, make sure the skillet is very, very hot; Don't overcrowd the pan: Work in smaller batches with beef to make the pan too busy, causing the meat to steam and steal it from that crisp. Looking for more Asian-inspired recipes? Check out this peanut sauce chicken, this Teriyaki chicken, or this spicy pork with noodles... The next time you put the Mongolian beef cravings in that sweet, shiny sauce. Travel to the restaurant and this popular dish in the comfort of your kitchen- this version is incredibly easy, and healthier, too! Searching for Mongolian beef leads me... Home? Beef is Mongolian, and what makes it so popular? This particular dish has everything we love about American Chinese cuisine; And when done right, it's quite sweet and salty, a little spicy and loaded with a lot of delicious aromatics like ginger, garlic, green onions and even a few dry red chillis, all combining to have a good pop of deep, fragrant flavors. Most of the time when my husband and I have a hankering for a little meal out but can't quite align our cravings, we can almost always settle in our favorite little Asian restaurant about fifteen minutes from home. 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Fling sliced tuck steak with a couple of salt pinches and black pepper, plus corn starch; set aside while heating your pan. Place the wok, cast iron skillet or other heavy pan down over high heat, and drizzle about 4 tablespoons of oil, when smoking hot, add in some flank steak (work in batches) in the even layer and head, intact, on the first side for a few minutes; Flip and head on the other side, until the steak has a brown crust; remove and hold onto a large plate, and repeat with the rest of the steak. Reduce the heat below the pan to medium-low now (as it will be very hot), and add about 2 tablespoons more of the oil; then, add in the dry red chillis and stir until they fry for about 30 seconds; then add in the ginger and garlic and stir for about 30 seconds to fragrant. Add in the beef and stir until you coat it in the mixture for about 30 seconds, then slice in the green onions, and add the sauce and toss everything together to coat and heat for about 30 seconds more. Serve the family style on a bed of white rice, or spoon over a platter and serve separately with rice or noodles. Tips & Tidbits for Mongolian Beef: Tender cut of beef: Flank steak cut against the grain (on the bias) is a great pick for this recipe; But you can use Sirloin, or any other fast cooking beef. (Avoid stewed meat, it's as hard.) Choose your spicy surface: since the red chillis are all left dry, they will add plenty of heat to the container unless you bite directly into them; But feel free to leave this if cooking for folks with sensitive palate. Get that super hot pan: Because you don't want to beef hard, make sure the skillet is very, very hot; Don't overcrowd the pan: Work in smaller batches with beef to make the pan too busy, causing the meat to steam and steal it from that crisp. Looking for more Asian-inspired recipes? Check out this peanut sauce chicken, this Teriyaki chicken, or this spicy pork with noodles... String...