

Cavalier Cooking 101: Simple Stir-Fry

Beef and Broccoli Stir-Fry

1lb Flank Steak
Montreal Steak Seasoning
Soy Sauce
Sweet Soy Sauce
Cornstarch
2 yellow onions
1 bag of broccoli
4 cloves of garlic
Salt
Pepper
Olive Oil



Directions:

Boil broccoli for about 1-2 minutes and set aside for later use. Peel and mince garlic. Set half aside to marinate beef.

Cut flank steak into thin slices and season with Montreal Steak Seasoning (or salt and pepper), soy sauce, sweet soy sauce, garlic, and olive oil. Use about equal parts of both types of soy sauce and enough olive oil to coat beef. Let beef marinate for 15-30 minutes.

Heat pan with olive oil on medium-high heat. Cut onions and sauté with the rest of the garlic.

When onions turn soft, put enough cornstarch in beef to coat all of the pieces. Turn pan to high heat and put beef into the pan. Do not overcrowd the pan (you may have to do multiple batches).

Let beef cook until a crust forms and then add cooked broccoli.

Create mixture of cornstarch, water, and a dash of soy sauce to add to pan. When sauce thickens up, add additional salt and pepper to taste. Turn off heat and serve.

Vegetable Fried Rice

Steamed White Rice
Soy Sauce
2 eggs
1 bag of frozen vegetables
Salt
Pepper
Olive Oil



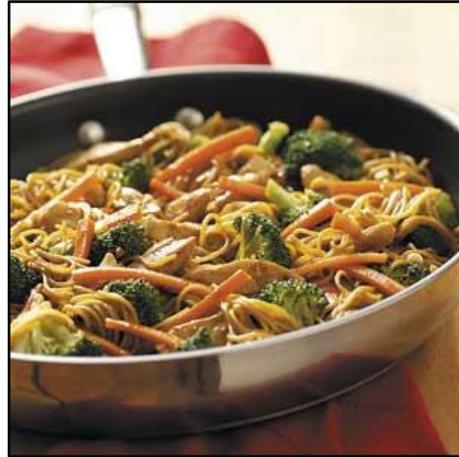
Directions:

Heat oil in pan and scramble eggs. Pour in bag of frozen vegetables with a dash of soy sauce and sauté until vegetables cooked through.

Add steamed rice and mix everything together. Add more soy sauce until desired brown color of fried rice is achieved. Season with salt and pepper to taste. Turn off heat and serve.

Chicken Lo Mein

1lb Chicken Breast
Soy Sauce
Sweet Soy Sauce
Cornstarch
2 yellow onions
Broccoli, Carrots, Bell Peppers
(Any assortment of vegetables you like)
4 cloves of garlic
Ginger
Salt
Pepper
Olive Oil
Spaghetti



Directions:

Boil broccoli for about 1-2 minutes and boil spaghetti until cooked through and set both aside for later use. Peel and mince garlic and ginger. Set half aside to marinate chicken.

Cut chicken breast into thin slices and season with salt and pepper, soy sauce, sweet soy sauce, garlic, ginger, and olive oil. Use about equal parts of both types of soy sauce and enough olive oil to coat beef. Let chicken marinate for 15-30 minutes.

Heat pan with olive oil on medium-high heat. Cut onions and sauté with the rest of the garlic and ginger.

When onions turn soft, put enough cornstarch in chicken to coat all of the pieces. Turn pan to high heat and put chicken into the pan. Do not overcrowd the pan (you may have to do multiple batches).

Let chicken cook until crust forms. Cut carrots and bell peppers into small pieces and put in pan with broccoli.

Add spaghetti and mix until everything is incorporated. Add additional soy sauce, salt, and pepper to taste. Turn off heat and serve.