Asparagus Beef

written by The Recipe Exchange | February 11, 2014

Ingredients

1 lb. flank steak
Salt, to taste
1 tsp. cornstarch
Soy sauce, to taste
2 lb. fresh asparagus with tight tips
2 md. onions, chopped
2 cloves garlic, minced
Salad oil
3 tbsp. canned bean sauce
1/2 tsp. sugar

Directions

Cut steak lengthwise in 2-1/2-inch strips, trimming off fat as you go. Then cut across the grain, in 1/8-inch thick strips. Put meat in bowl and att 1 teaspoon salt, cornstarch, and 2 teaspoons soy sauce. Wash asparagus carefully, break off tough ends, and cut diagonally into pieces about 1/4-inch thick. (If you cat on a SHARP DIAGONAL, the pieces will be abut 1-1/2 to 2″ long.) Cut onions in half lengthwise, lay cut side down, and slice crosswise into 1/4″ slices. Smash garlic cloves with flat side of knife or cleaver and remove sking. Heat a wide frying pan or wok over highest heat, add 1/4 cup oil, it should bubble slightly from the heat. Add garlic and cook just until pale brown. Remove and discard. Add meat, stir frequently, and cook until almost browned. Remove to a bowl. Add 3 tablespoons more oil. Add onion. Cook a minute or two stirring constantly. Make a little hollow on top of the onion; add bean sauce. Cook until onion starts to get translucent. Add asparagus and sprinkle over 1 teaspoon salt, sugar and 1 tablespoon soy sauce. Cover and cook, taking the top off occasionally to stir well, just until asparagus is tender-crisp. Then, put the meat on top. Cook, stirring,just long enough to get the meat reheated. Seve at once.