

Hunan Grilled Steak



PREPARATION TIME
10 minutes



COOKING TIME
10 minutes



PERFECT PARTNER
steamed rice



Sherry, like most wines, will alter in flavor and color if not sealed well. Save leftover sherry by using a vacuum stopper available at a gourmet store or specialty market. Properly sealed sherry will last 1 year.

SHOPPING LIST

- flank steak • sherry
- soy sauce • orange
- green onions • fresh ginger

ON HAND

- egg • oil • sugar • cornstarch
- cayenne pepper

INGREDIENTS

- 1¹/₂ pounds flank steak
- 3 tablespoons dry sherry or chicken broth
- 1 egg white
- 3¹/₂ tablespoons cornstarch
- 3 tablespoons vegetable oil, divided
- 3 tablespoons soy sauce
- 2 green onions, cut into 1/2-inch lengths
- Grated peel of 1 orange
- 2 teaspoons grated fresh ginger or 1/2 teaspoon ground ginger
- 1 teaspoon sugar
- 1/2 teaspoon cayenne pepper

SERVES 6

COOKIN'
Express

• Need a fast dinner idea? Cook extra steak and add the leftovers to your favorite Oriental soup.

Make Ahead

You can prepare the sauce in step 2 up to 4 hours ahead. Set aside until ready to use.

♦ VARIATION

For an added touch, stir-fry 5 small dried red chiles in 2 tablespoons oil. Add chiles and oil to the sauce.

1 Preheat grill or broiler. Place steak in a large baking dish. Combine sherry, egg white and cornstarch; stir until smooth. Stir in 2 tablespoons oil. Coat steak with mixture.



2 Combine remaining oil, soy sauce, green onions, orange peel, ginger, sugar and cayenne pepper. Divide mixture between 2 small bowls; set 1 bowl aside.

3 Grill or broil steak over medium heat, turning and brushing with soy sauce mixture. Cook for 10 minutes for medium, or until desired doneness.



4 Remove steak from heat; slice diagonally into strips. Top with reserved soy sauce mixture.