

3 SIMPLE STEPS FOR STIR-FRYING BEEF

STEP 1 CHOOSE YOUR CUT

Some of the best cuts for Stir-Frying include: (*indicates lean)



Top Sirloin*



Round Tip Steak*



Flat Iron

For easier slicing, partially freeze beef (about 30 minutes).

Beef Coach's TIPS:

TIP No 1

When Stir-Frying, cook beef and vegetables separately, then combine and heat through.



Best Tool: Skillet or Wok

TIP No 2

Thicken cooking liquid with cornstarch dissolved in water, if desired.



TIP No 3

If you don't have a wok, a 12" nonstick skillet with slightly sloped sides is another great option.

STEP 2 PREPARE YOUR BEEF



Cut beef into thin, uniform strips or pieces.



Marinate beef to add flavor, if desired, while preparing other ingredients.



Heat a small amount of oil in wok or large nonstick skillet over medium-high heat until hot.

STEP 3 COOK YOUR BEEF



Stir-Fry beef in 1/2 pound batches (do not overcrowd), continuously turning with a scooping motion.



Cook until outside surface of beef is no longer pink. Add additional oil for each batch if necessary.

WORKING THE WOK

The fool-proof recipe to getting a delicious stir-fry on the table in no time!



BEEF

For simple meal ideas, **nutrition** and **cookery information** as well as other great cuts for broiling, visit BeefItsWhatsForDinner.com