



Beef Chow Mein with Brown Stir Fry Sauce Recipe



Ingredients: Foodservice Serving Size

- 3 C. **Brown Stir Fry Sauce** (Starport 214)
- 1.5 lb. Beef, sliced, marinated and velvetized
- 3 C. Cabbage, shredded and/or bean sprouts
- 3 lb. Egg noodles, fresh or dried, Asian style
- ½ C. Oil
- 1 C. Onions, sliced ¼”
- 1 C. Celery, bias sliced ¼”
- ½ C. Red bell peppers, sliced ¼”x2”
- ½ C. Cilantro or green onions, chopped (garnish)
- 2 Tbsp. **Garlic Ginger Infusion**
(1 lb. fresh noodle yields about 2 lbs. when cooked).



Instructions

1. Marinate and velvetize beef and set aside (see below).
2. Cook noodles per manufacturer’s instructions and set aside.
3. Cut vegetables and set aside
4. Heat griddle (or wok), when hot, add oil, onions, red bell pepper, celery and **Garlic Ginger Infusion**. Before stirring, let vegetables sear about 30 seconds.
5. Add velvetized beef and sear for 45 seconds, then add cabbage and noodles. Toss all ingredients and sauté for 3 minutes.
6. Add in **Brown Stir Fry Sauce**, stir until steaming hot and remove.
7. Garnish with cilantro or green onions.

Chicken Marinade and Velvetization

1. **To marinate:** For 10 lbs. sliced or diced chicken, dissolve 0.4 lb. (7/8 C.) **Marinade Seasoning** (Starport 356) in 1¼ C. water then add 1 C. corn oil. Mix well and marinate beef for 30 minutes or more.
2. **To velvetize:** Oil blanch beef in deep fryer at 350°F in 2-pound batches for 60-80 seconds, unclumping the beef pieces with tongs. Beef will NOT be fully cooked. Remove and drain.
3. When cool, place in covered container and refrigerate until ready to use. Make batch daily.