

Beef Stir-Fry

Meat-Vegetable

Main Dishes

D-18A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-sodium soy sauce		1/2 cup		1 cup	1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch		1/4 cup 3 Tbsp		3/4 cup 2 Tbsp	
Ground ginger		1/4 tsp		1/2 tsp	
Granulated garlic		1 Tbsp 1 1/2 tsp		3 Tbsp	
White pepper		1 tsp		2 tsp	
Low-sodium chicken stock, non-MSG		1 qt		2 qt	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.
					3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
Fresh mixed vegetables: *Fresh broccoli, chopped	2 lb 13 oz	1 gal	5 lb 10 oz	2 gal	Prepare no more than 50 portions per batch.
*Fresh carrots, peeled, 1/4" slices	2 lb 13 oz	2 qt 1 cup	5 lb 10 oz	1 gal 2 cups	4. Sauté sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steam table pan. Keep warm.
*Onions, diced OR	10 oz	2 cups	1 lb 4 oz	1 qt	
#Frozen mixed Oriental vegetables	6 lb 4 oz	1 gal 3 qt	12 lb 3 oz	3 gal 2 qt	
Vegetable oil		1/4 cup		1/2 cup	
Skinless, boneless beef top round, cut 1/2"x 1/2"	5 lb 2 oz		10 lb 4 oz		5. Sauté beef in oil for 2 to 3 minutes. CCP Heat to 165 degrees F or higher for at least 15 seconds. Add beef to vegetables in steam table pan. Add sauce and mix to coat beef and vegetables.
Vegetable oil		1/2 cup		1 cup	6. CCP Hold for hot service at 140 degrees F or higher.
*See Marketing Guide					
#If using Oriental vegetables, add frozen vegetables to sautéed chicken in Step 5.					

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Marketing Guide		
Food as Purchased	For 25 Svgs	For 50 Svgs
Broccoli	3 lb 8 oz	7 lb
Carrots	4 lb	8 lb
Onions	12 oz	1 lb 8 oz

Special Tip:

1) For an authentic Oriental flavor, when sauteing chicken in step 5, substitute 2 Tbsp of sesame oil for 2 Tbsp of vegetable oil for each 25 servings.

2) Fresh vegetable mixes can be varied to include combinations of bean sprouts, broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.