

Sautés and Stir-fries

One of the easiest ways to put profit and variety into your business is with beef stir-fries and sautés. All the cooking is quick, simple, and flavourful. You can use less expensive cuts of beef, and stir-fries and sautés are a great way to use up trim from your other steaks or roasts.

Think of the possibilities: thin strips of sirloin or tri-tip can be used in all kinds of Asian stir fries along with crisp, economical vegetables like onions, carrots, bell peppers and broccoli. Mexican fajitas and quesadillas are delicious with quick sautés of tenderloin tips, and Atkins-friendly salads featuring stir-fried beef are becoming more and more popular.

There's no limit to the array of dishes you can create, no matter what kind of operation you have, so check inside for some quick tips.



Asian Beef Wrap

Ingredients

800 g bottom round flat cut into thin strips across the grain
100 ml vegetable oil
20 g toasted sesame seeds
900-1,000 ml cooked sticky rice (Asian rice)
6 spinach wraps (12 inch tortillas)
100 g julienned carrots – blanched
20 g pickled ginger – chopped (optional)
salt and white pepper
teriyaki dipping sauce (e.g., E.D. Smith Saucemakers®)

Marinade

120 ml soy sauce
40 ml sesame oil
120 ml vegetable oil
20 g fresh ginger – chopped
20 g fresh garlic – chopped
20 g white sugar

Method

1. Mix all marinade ingredients. Combine with beef and marinate refrigerated a minimum of one hour.
2. Heat skillet or wok, add oil then add beef.
3. Sauté until medium rare. Remove beef from skillet and set aside to cool.
4. Sauté carrots, removing from skillet when still firm.

5. Place wrap on counter. Spread rice to cover half of wrap. (150 ml of rice should be enough.)
6. Spread julienned carrots and ginger evenly on the rice.
7. Place beef on top of rice and sprinkle with sesame seeds.
8. Roll the wrap, making sure it is tight, then cut on an angle.
9. Serve with teriyaki sauce on the side.

Yield 6 wraps

Serving Suggestion

Offer a fresh green salad with a rice vinegar dressing or serve with fresh stir-fried vegetables on the side. Wraps can also be sliced into mini sandwiches and used as an hors d'oeuvre.



Great Cuts

LEGEND			
GRILLING		SAUTÉING	
BRAISING SIMMERING		ROASTING	
		POT ROASTING	



Here are some cuts that are suitable for stir-fries and sautés. When cutting these products into steaks, the trim produced is ideal for this application:

The following cuts have a coarser grain, which makes them ideal for marinating after you've cut them into strips:





Marinating

Marinades are meant to penetrate the outermost layers of the beef, so when you're using thin strips of beef to sauté or stir-fry, you don't have to leave them in the marinade for that long before cooking. Even 15-20 minutes can be enough to do the job depending on the initial tenderness of the cut. Over-marinating won't make the meat any more tender, and it could make the beef mushy and overpower its natural flavour.

Marinades are mixtures that contain some sort of acid, like wine, vinegar, citrus juice or even yogurt, as well as some oil and other seasonings. The beef is tenderized by the acid in the marinade, moisturized by the oil, and flavoured by the seasonings.

Because of the acid content, you shouldn't use cast iron, aluminum or other reactive metal pans to marinate the beef in, since the acid may discolour the pan and pick up some undesirable flavours from the metal.

If you want to use leftover marinade as part of your sauce, you need to boil it first to destroy any bacteria left from the raw beef.

If you're in a rush, most bottled salad dressings make very good marinades, especially those that are oil and vinegar based.

A simple marinade base:

- 1 part red or white wine vinegar
- 2 parts olive oil
- Cloves of garlic - crushed
- Sliced onions
- Herbs and spices to taste

A Greek-style marinade would use half lemon juice and half wine vinegar, black pepper, and herbs such as thyme and oregano.

For an Asian-style marinade, use rice vinegar or sherry instead of the wine vinegar, and add in some grated or sliced ginger, some soy sauce, and peanut or canola oil instead of olive oil.

Quick Cooking Techniques

1. If you have marinated your beef, drain it off before cooking; otherwise the meat will boil instead of fry.
2. Make sure your pans or woks are very hot as you want to sear the meat. Quick cooking is crucial for tenderness and flavour. Add a bit of oil and seasonings.
3. Quickly cook the beef and remove it from the pan. Add more oil if required and seasonings, then add the vegetables and just before they're done, put the beef back in the pan, add your sauce and stir to coat, and your dish is finished, without overcooking.
4. Stir-fries and sautés taste best when they come fresh and hot from the pan, so if you're serving them at a buffet, cook in smaller batches to ensure you don't get a mushy consistency from letting the dish sit too long in the serving tray.



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Noodle Bowl with Sesame-Grilled Beef Steak

Ingredients

10 cups	1.25 L	chicken stock
1 cup	250 mL	sliced white onion
1 tbsp	15 mL	peeled, julienned ginger root
1 tbsp	15 mL	sliced garlic clove
2 tbsp	30 mL	marinade (from the sesame- grilled beef steak recipe that follows)
28 oz	800 g	fresh steamed chow mein style (vermicelli) Chinese egg noodles
2 cups	500 mL	each julienned carrot and sweet red pepper
1 cup	250 mL	bias-cut green onion
2 cups	500 mL	shredded bok choy
3 lb	1.5 kg	prepared sesame-grilled beef steak strips (recipe follows)
3 tbsp	45 mL	chopped or torn fresh cilantro

Method

1. Bring stock, white onion, ginger root, garlic, sesame marinade to a boil. Reduce heat and simmer for 5 minutes.
2. Meanwhile, boil the noodles for 1 minute; drain and rinse.
3. For a serving, sauté or grill 90 g of beef strips until just browned, but pink inside (about 1 minute/side). Meanwhile, place 70 g prepared noodles, 34 g of vegetables (a blend of the carrot, red pepper, bok choy and green onion) in a 3-cup (750 mL) pasta bowl. Pour 1 cup (250 mL) of the hot broth over the noodles and vegetables, top with cooked beef and garnish with cilantro.

Sesame Beef Steak

In large sealable freezer bag, combine:

1/2 cup	125 mL	each green onion (minced) canola oil and sherry
1/4 cup	50 mL	each toasted sesame seeds and sesame oil
3 tbsp	45 mL	each ginger root (peeled, minced) and soy sauce
2 tbsp	15 mL	each garlic clove (minced) and oyster sauce
1 tbsp	15 mL	Sambal Oelek (Asian hot sauce)

Set aside. Trim 3 lb (1.5 kg) beef flap meat. Use a sharp knife to cut slices across the grain and on the bias. Slices should be 1/8 – 1/4 inch (3-5 mm) thick, approx. 3-5 inches (8-12 cm) in length, and 1/2 – 3/4 inch (1-2 cm) wide. Add meat to freezer bag and refrigerate for 6 hours.

Recipe serves 10

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Yield 6 wraps

Serving Suggestion

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