



*Presents*



## Dry-Fried Beef with Crispy Kohlrabi and Carrots

Presented on September 20, 2014

### Ingredients:

This is not your typical saucy stir-fry, but an arresting mix of chewy, browned slivers of beef and crunchy vegetables. It's all based on a unique cooking technique called dry-frying, used by Sichuan cooks, that I learned from Fuschia Dunlop's Land of Plenty. It takes a bit longer than the classic stir-frying method but still relies on high heat and quick action, so be sure to have your ingredients ready to go before turning on the heat and your hood fan.

Kohlrabi, also called cabbage turnip, is a mild bulb that deserves more attention; use peeled broccoli stems, asparagus, or snow peas in its place. Sichuan peppercorn, a tiny and prickly red-brown berry, is less spicy than effervescent in your mouth and creates a tingling sensation that adds to this stir-fry's appeal. Serve it with cooling Quick-Pickled Cucumber Salad (page 000) and steamed white rice.

Makes 4 servings

- 1 pound top round steak, very thinly sliced against the grain 1/4 inch thick
- 1/4 teaspoon salt
- 4 tablespoons peanut oil or vegetable oil, divided
- 3 medium carrots, peeled and cut into matchsticks
- 1 large kohlrabi bulb (about 8 ounces), peeled and cut into matchsticks
- 2-inch piece ginger, peeled, sliced very thin, and cut into fine strips, divided
- 6 scallions, trimmed with white parts cut into matchsticks and green parts finely chopped
- 2 tablespoons soy sauce
- 1 tablespoon hoisin sauce
- 1 tablespoon Chinese rice wine or dry sherry
- 1 tablespoon orange zest
- 3/4 teaspoon toasted sesame oil
- 1/2 teaspoon toasted and ground Sichuan pepper, optional\*

Season the beef with the salt. Heat 3 tablespoons of the oil in a wok or large skillet over high heat. When smoking, add the beef and stir until the beef is no longer pink. Spread the beef out into a single layer and let it cook until the juices have nearly evaporated, about 4 minutes. When the oil is clear once again, stir the beef strips leisurely, until they sizzle and turn mahogany brown, an additional 3 to 3 1/2 minutes. Transfer the beef to a bowl.

Heat the remaining 1 tablespoon of oil over high heat. Add the carrots and kohlrabi and cook, stirring constantly, until they start to become limp but remain crisp, about 4 minutes. They will pick up color from the beef. Add them to the bowl with the beef.

Add the ginger and the white parts of the scallions and cook, stirring, for 30 seconds. Add the soy sauce, hoisin sauce, rice wine, and orange zest and stir-fry until fragrant. Add the beef and vegetables back into the pan along with the sesame oil and stir until hot. Serve immediately sprinkled with the chopped scallion greens and Sichuan pepper, if using.

**Calories-396cal, Carbs - 15g, Fat - 26g, Protein - 27g, Sodium - 792mg, Sugar - 6g**