

Crispy Orange Beef

Serves: 4

Cook's Illustrated All-time best takeout recipes 2018, p. 80-81

<https://www.cooksillustrated.com/recipes/7271-crispy-orange-beef>

- 1 ½ pounds sirloin steak tips, trimmed
- 3 tablespoons soy sauce
- 6 tablespoons cornstarch
- 10 (3-inch) strips orange peel, sliced thin lengthwise (1 ¼ cup), plus ¼ cup juice (2 oranges)
- 3 tablespoon molasses
- 1 teaspoon dry sherry
- 1 tablespoon rice vinegar
- 1 ½ teaspoon toasted sesame oil
- 3 cups vegetable oil
- 1 jalapeno chile, steamed, seeded, and sliced thin lengthwise (HdeH Poblano chile)
- 2 tablespoons grated fresh ginger
- 3 garlic cloves, minced
- 1 ½ teaspoon red pepper flakes (HdeH Japanese spices)
- 2 scallions, sliced thin on bias



Photograph web page detail

1. Beef

- Cut beef with grain into 2 ½ to 3 inch-wide lengths. Slice each piece against grain ½ inch thick. Cut each slice lengthwise into 1/2 -inch-wide strips.
- Toss beef with 1 tablespoon soy sauce in bowl. Add cornstarch and toss until evenly coated. Spread beef in single layer on wire rack set in rimmed baking sheet and freeze until beef is very firm but not completely frozen, about 45 minutes

2. Sauce

Whisk orange juice, molasses, sherry, vinegar, sesame oil, and remaining 2 tablespoons soy sauce together in a bowl.

3. Line second rimmed baking sheet with triple layer of paper towels. Heat vegetable oil in large Dutch oven over medium heat to 375 F. Carefully add one-third of beef and fry, stirring occasionally to keep beef from sticking together, until golden brown, about 1 ½ minutes. Using spider skimmer, transfer beef to paper towel-lined sheet, return oil to 375 F and repeat with remaining beef in 2 batches. After frying, set aside 2 tablespoons frying oil.
4. Heat reserved oil in 12-inch skillet over medium-high heat until shimmering. Add orange peel and jalapeno and cook, stirring occasionally, until about half of orange peel is golden brown, 1 ½ to 2 minutes. Add ginger, garlic, and pepper flakes, cook, stirring frequently, until garlic is beginning to brown, about 45 seconds. Add orange juice mixture and cook, scraping up any browned bits, until slightly thickened, about 45 seconds. Add beef and scallions and toss to coat. Transfer to platter and serve immediately.