

Chinese honey-glazed beef and walnuts

Ingredients

- 1 1/2 lbs flank steak
- 3 Tbsp. cornstarch
- 1 Tbsp water
- 1 egg
- 1 Tbsp light soy sauce
- 2 tsp five-spice powder
- 1/2 cup honey
- 2 Tbsp Shaoxing wine
- 2 tsp finely grated ginger
- 2 tsp balsamic vinegar
- 1 tsp salt
- oil for deep frying
- 1 1/2 cups walnut halves
- sesame seeds

Directions

Place flank in the freezer for half an hour to partially freeze. Cut against the grain into thin slices, and then into matchsticks. Set aside.

In a large bowl, mix the cornstarch with the water. Add the egg, soy sauce and five spice powder and mix well. Add the beef and mix until it's covered in all sides.

In a separate medium bowl, mix together the honey, wine, ginger, balsamic vinegar and salt. Set aside.

Add an inch of oil to a wok or frying pan. Heat over high heat until very hot. Working in batches, add the beef and cook until lightly browned, about 2 minutes. Remove using a slotted spoon and set aside.

Working in batches again, add the walnuts and cook until crispy, about a minute. Remove using a slotted spoon and set aside.

Pour out and discard the oil leaving about 3 Tbsp in the wok. Return to high heat. Add the honey sauce and cook for 15 seconds. Add the beef and walnuts, turn heat down to medium-high, and cook, stirring to make sure the beef and walnuts are covered with the sauce, for five more minutes. Plate and sprinkle sesame seeds on top.

<http://www.marga.org/food/int/imperialchina/beef.html>