

Mongolian Beef

Crispy-edged beef in a sweet soy-garlic sauce with lots of scallions.

Mongolian Beef finished dish

Ingredients

- 500 g flank steak, thinly sliced
- 60 g cornstarch
- 3 tbsp soy sauce
- 2 tbsp brown sugar
- 120 ml water
- 3 garlic cloves, minced
- 4 scallions, cut in sections
- 2 tbsp neutral oil

Method

1. Toss beef with cornstarch and rest 10 minutes.
2. Sear beef in hot oil until edges crisp; remove.
3. Cook garlic briefly, then add soy, sugar, and water.
4. Reduce sauce slightly, return beef and toss.
5. Add scallions at the end and serve with rice.

Notes

Chinese-American style preparation; adjust sweetness, acidity, and heat to taste.

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