30 Minute Mongolian Beef with Coconut Rice

Yield: 5 servings

Preparation and Cook time: 30 minutes (not including marinating)

2 cups Jasmine Rice

2 14 oz cans coconut milk, reserve solids (shake the cans at the store, choosing the cans that the liquid doesn't shake - that way you know there are solids in the can)

2 1/2 cups water, approx

1 tsp salt

2 lb Sirloin Tip Roast, sliced by butcher into 1/4" slices across the grain (choose one with extra fat - cut away the fat chunks and reserve)

1/4 cup cornstarch

1/3 cup Braggs Liquid Aminos, divided, or more to taste

2 teaspoons fresh garlic, pressed

dash black pepper, if desired

1/3 cup maple syrup

2-3 teaspoons fresh ginger, pressed

1/2 bunch green onions, plus extra for garnish, slice whites in little wheels, slice greens into 1 1/2" slices

1 extra large carrot, peeled and julienned, plus extra for garnish

Marinade: Place sirloin slices in a gallon zip-close bag. Combine 2 Tablespoons of coconut milk along with the pressed garlic, and 2 tablespoons Braggs Liquid Aminos then disperse well throughout the beef. Place bag in fridge and marinate for 2 hours or more.

Combine the coconut milk, which should equal about 2 cups (set the coconut solids aside), and additional water to total 4 1/2 cups, salt and jasmine rice in a 3 quart saucepan. Bring the mixture to a boil, stir again, put on a lid, then reduce heat to a low simmer for 20 minutes.

Fry the extra fat pieces in an 8 quart electric skillet on medium for 10 minutes (or more) to render some of the fat. Lightly cook (warm) the marinated beef in a separate frying pan on medium, stirring often, to release the juices. Using a colander, strain the juices away from meat, pressing out as much liquid as possible, reserving for later. Sift the cornstarch over the beef while stirring to evenly coat. Remove the fat pieces from the skillet and quickly fry the sirloin slices on high in the rendered fat in batches, if necessary, to achieve a nice sear. Add the carrots to the separate frying pan with a dash of salt with 2-3 tablespoons of the coconut solids. Stir fry carrots on medium high 2-3 minutes then add onion whites and cook another minute or so or until al dente. Add reserved meat juices, remaining Braggs Liquid Aminos, maple syrup, 3 tablespoons water, and ginger and bring to a boil, stirring well. Add the beef to the sauce and cook for a minute, continuing to stir well, which should thicken the sauce. If it's not as thick as you like, take 1 tablespoon cornstarch combined with 2 tablespoons water and add to sauce, stirring frequently. Add more coconut solids, liquid aminos, and pepper, to taste. Add the green part of the onion, stir and serve immediately with warm coconut rice.

Marcia Roderer

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Sirloin Tip Roast