


Stir-Fried Beef with Onion

Onions are a great addition to a healthy stir-fry. Not only do they add plenty of flavor, but they do not contain any fat and are low in carbohydrates and calories.

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1. Cut the steak across the grain into thin strips 1½ to 2 inches long. Place the beef in a bowl and add the soy sauce, 1 tablespoon Chinese rice wine or dry sherry, hoisin sauce, and cornstarch. Marinate the beef for 15 minutes.
 2. In a small bowl, combine the dark soy sauce, 1 tablespoon Chinese rice wine or dry sherry, and the brown sugar. Set aside.
 3. Heat a wok or skillet over medium-high heat until it is nearly smoking, and add 1 tablespoon oil. When the oil is hot, add the garlic. Stir-fry for 10 seconds, then add the onions. Stir-fry the onions for 3 to 4 minutes, until they are softened. Remove the onions and drain in a colander or on paper towels.
 4. Heat 2 tablespoons oil in the wok or skillet. When the oil is hot, add the minced ginger. Stir-fry for about 10 seconds, then add the beef. Let the beef sear, then stir-fry, stirring and moving the beef around the pan, until it is no longer pink and is nearly cooked through.
 5. Add the dark soy sauce mixture into the wok or skillet and bring to a boil. Add the onion back into the pan. Stir-fry for 1 to 2 minutes to heat everything through. Taste and adjust seasoning, adding salt or black pepper if desired. Serve hot.

Serves 3 to 4

1 pound sirloin or flank steak
1½ tablespoons light soy sauce
2 tablespoons Chinese rice wine or dry sherry, divided
2 teaspoons hoisin sauce
2 teaspoons cornstarch
3 tablespoons dark soy sauce
1½ teaspoons brown sugar
3 tablespoons vegetable or peanut oil, divided
1 teaspoon minced garlic
2 large red onions, thinly sliced
½ teaspoon minced ginger
Salt or black pepper to taste