



Roadside Gourmet

the

The Roadside Gourmet

cook
book

Mongolian Beef Canapés

from the roadside gourmet www.thelap.ca/roadsidegourmet

prep time

15 mins

cook time

10-15 mins

serves

4

things you need

1 pound

Filet mignon

2 tsp

Vegetable oil

1/2 tsp

Minced ginger

1 tbsp

Garlic, chopped

1/2 cup

Soy sauce

1/2 cup

Water

3/4 cup

Brown sugar

1/4 cup

Cornstarch

2-3 green onions

Sliced on the diagonal into 1 inch lengths

here's how

- 1 Make the sauce by heating 2 tsp of vegetable oil in a medium saucepan over med/low heat.
- 2 Add ginger and garlic to the pan and quickly add the soy sauce and water before the garlic scorches.
- 3 Dissolve the brown sugar in the sauce, then raise the heat to about medium and boil the sauce for 2-3 minutes or until the sauce thickens.
- 4 Slice the steak against the grain into 1/4" thick bite-size slices. Dip the steak pieces into the cornstarch to apply a very thin dusting to both sides of each piece of beef. Let the beef sit for about 10 minutes so that the cornstarch sticks.
- 5 Heat oil in clean pan. Add the beef to the oil and sauté for just two minutes, or until the beef just begins to darken on the edges. Add the sauce, cook for one minute while stirring, then add all the green onions. Cook for one more minute, then remove the beef and onions with tongs.

helpful notes

Toast French bread slices in butter, arrange beef and onion on top of bread slices.

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