

**Beef & Broccoli Gingered CP**

( B&amp;BGCPverified )

Production Date: Friday, 3/13/2015

Production Shift: [all Meals]

**Times**

Prep Time:

Cooking Time:

**Temperatures**

Cooking Temp:

Internal Temp:

**Production Amount**

Yield: 1.5 2" full pan

Portions: 6 10 oz portion

**Ingredients and Instructions**

(Key Name)

Ragu Strips	1 Pound + 8 Ounce	( N0080 )
Water	1/4 Cup	( abc )
Corn Starch	2 Tablespoon + 1/2 Teaspoon	( 8465 )
Oriental Blend	1 Pound + 8 Ounce	( 8086 )
Red Peppers	1.5 Pepper	( VPEPRED )
Vegetable Blend Olive Oil	3 Tablespoon	( 22797 )
Chopped Garlic	1 Tablespoon + 1 1/2 Teaspoon	( 8351 )
Ginger Root	2 Tablespoon + 1/2 Teaspoon	( Giambrone )
Stir Fry Sauce	1/2 Cup	( 18128 )

1. Place beef in small bowl. Add water, 1 Tbsp at a time, working in with hand until water is absorbed into beef. Sprinkle cornstarch over beef and work in with hands to coat all pieces.
2. Blanch stir fry vegetables and peppers 20 seconds in large pot of boiling salted water; drain and set aside.
3. Drizzle oil around sides of stir fry pan; tilt pan to distribute evenly. Heat oil in pan on high until oil faintly smokes. (If oil smokes too much, pan is too hot.)
4. Add beef, garlic, and ginger. Stir fry 3-4 min. Add vegetables; stir fry about 1 min. Add stir fry sauce; stir fry until heated through.