

Scrumptious stir-fry for the family

Stir-fry is a dish many people, adults and kids alike, seem to love. That popularity is perhaps because no two stir-fry dishes ever seem to be the same or because stir-fry dishes encourage cooks to take chances with ingredients.

Those who want to experiment with a tried and true stir-fry success might want to try Michelle Du-dash’s recipe for “Orange Peel Beef & Broccoli Stir-Fry With Brown Rice” from her book, “Clean Eating for Busy Families” (Fair Winds Press).

Orange Peel Beef & Broccoli Stir-Fry With Brown Rice

Serves 4

- For Sauce:**
- 2 tablespoons reduced sodium soy sauce
 - 1 tablespoon plus 2 teaspoons rice vinegar
 - 1 tablespoon cornstarch
 - 2 teaspoons honey
 - 1/2 teaspoon freshly ground black pepper
 - 1/4 teaspoon Chinese 5-spice powder (or 1/4 tea-

- spoon cinnamon and 1/8 teaspoon each ground fennel and cloves)
- 1 tablespoon dark sesame oil

- For Stir-Fry:**
- 5 1/2 cups bite-size broccoli florets
 - 1 tablespoon minced garlic
 - 1 tablespoon minced ginger (or 1/2 teaspoon ground ginger)
 - 1/8 teaspoon salt
 - 1 pound flank or flat iron steak, or top sirloin, thinly sliced against the grain in 1 1/2-inch pieces
 - 1 tablespoon expeller-pressed grapeseed or canola oil
 - 1 orange, 2 teaspoons grated zest, inner segments sliced
 - 2 teaspoons sesame seeds
 - 3 cups cooked brown rice

To make the sauce: Stir together all of the sauce ingredients in a small bowl and set aside.

To make the stir-fry: Heat a large frying pan or wok over high heat, add 1 cup of water and bring to a boil. Add broccoli, reduce heat to a low boil and cover with a lid or piece of foil, leaving a gap for steam to escape. Steam for 5 minutes until almost fork-tender. Move broccoli to a plate, reserving cooking water in another container.

In a medium bowl, sprinkle garlic, ginger and salt evenly over the beef. Scrape the pan clean, place it on high heat and add the oil. When the oil is shimmering, add the beef in an even layer and cook for 2 minutes undisturbed until brown. Toss with a wooden spoon to break up the pieces, reducing heat to medium-high as needed. Add orange zest and sesame seeds and cook until beef is done, another 2 minutes. Swirl in the sauce, add broccoli and stir-fry to reheat. Add a splash of reserved broccoli water if mixture seems too dry. Serve hot and garnish with orange segments.



Zimm's Feedlot



BRAND YOU CAN TRUST


Since 1985, Zimm's Feedlot has focused on quality care of customers and cattle. They are committed to details and focused on the future. You can trust your cattle with Zimm's Feedlot.

1650 Avenue R Sterling, Kansas 67579


Pat Wagler, Owner

Todd Zimmerman, Manager (620) 562-7056

Jim Scobee, Yard Manager (620) 727-5473



We proudly support the Beef Producers and Beef Industry of Rice County




LYONS FEDERAL BANK

200 East Ave. South
(620) 257-2316
125 N. Douglas, Ellsworth
(785) 472-4496


QUIVIRA FEDERAL BANK

Quivira Federal Bank
209 S. Main, Bushton
(620) 562-3616

Strength That Stands The Test Of Time. Serving Lyons & The Surrounding Communities For More Than 100 Years.



Give us a call today at (620) 257-2316 or on the internet at www.lyonsfed.com



EQUAL HOUSING LENDER