

Orange Beef Stir Fry

March 31st, 2025

This recipe serves: 8

Prep Time: 00:30

Cook Time: 00:30

Thinly sliced beef with a sweet orange sauce is a favorite traditional Chinese dish. This recipe provides an orange flavor through the inclusion of orange marmalade. The Beef should ideally be a lean cut. You should try to use something like rib eye, flat iron steak, top sirloin, or boneless short ribs (not boneless country style ribs). Additionally, you can substitute a cheaper cut, such as boneless chuck ribs or flank steak, but ensure that you slice across the grain for a more tender piece of beef.

Ingredients:

2 or 3 pounds Steak
1/2 Cup Water
1 Teaspoon Baking Soda
1/4 Cup Corn Starch
1 Tablespoon Corn Starch
2 Tablespoons Vegetable Oil
1 Tablespoon Sesame Oil

Slurry

2 Tablespoon Corn Starch
3 Tablespoons Water

The Sauce

1 Tablespoon Soy Sauce
1 Tablespoon Oyster Sauce
1 Teaspoon Black Vinegar
1/2 Teaspoon Chinese Five Spice Powder
4 Garlic Cloves, minced
1 Tablespoon Srirachi Pepper Sauce (optional)

The Finishing Sauce

1/2 Cup Orange Juice
Zest from 1 Orange
4 Tablespoons Orange Marmalade

Vegetables

1 Cup (2.5 Ounces) (about 2 Stalks) Celery, diced on the bias
1 Cup (2 Ounces) Carrots, peeled and sliced on the bias
1/4 Yellow Onion, cut into toothpicks
6 Ounces Broccoli, separated into bite-sized florets
1/2 Large Red Bell Pepper, cut into toothpicks
1/2 Large Green Bell Pepper, cut into toothpicks
1 inch Fresh Ginger, minced/juiced
1/4 Cup Unsalted Raw Peanuts, Unsalted Raw Cashews, or Unsalted Raw Almonds, chopped
3 Scallions, sliced on the bias in 1/2 inch lengths

Directions:

Slice and Velvet the Steak

Freeze the Steak for about 10 minutes. This will make it easier to cut the Steak into thin slices.
Cut the Steak into long thin slices, about 1/4 inch thick, ensuring that you cut the Steak across the grain.

Mix 1/2 Cup Water with the Baking Soda. Add the Sliced Steak. Mix until the Steak is fully coated with Baking Soda.
Cover and refrigerate 30 minutes to 12 hours.

Prepare the Steak for Frying

Remove the Sliced Steak from the refrigerator. Rinse the Steak with clean water.

Dry the Steak with paper towels or a tea towel. Also dry the bowl.
Add 1/4 Cup Corn Starch into the bowl and mix until the Steak is fully coated.

Move the Steak to a colander or wire sieve. Give it a light shake to shake off excess Corn Starch.

Prepare the Other Ingredients

Mix the Slurry until fully integrated. Set it aside.

Prepare each of the various Vegetables. Set them aside in separate bowls.

In a large bowl, mix the Sauce ingredients together. Whisk until fully integrated.

In a small bowl, mix the Orange Zest, the Orange Juice and the Orange Marmalade. Whisk until the Marmalade is fully integrated.

Stir Fry

In a large wok, heat the Vegetable Oil over high heat.
Add the Sesame Oil.
Add the sliced Steak to the Oil.
Stir the Steak once or twice while it fries for about 4 or 5 minutes.
Remove the Steak and set it aside to drain.

Reduce the heat to medium high.
Add the Celery to the Oil and fry for 2 minutes.
Add the Carrots. Continue to stir.
Add the Onions and Broccoli. Stir for another 3 minutes.
Stir in the Red Bell Pepper and the minced Garlic.
Add the Steak slices back into the wok. Stir for another minute or 2.

Carefully add the Sauce.
Stir well.
Mix-in the Slurry and bring to a low boil to thicken.

Remove from the heat. Stir in the Finishing Sauce. Mix well to ensure the Meat and Vegetables are fully covered with the Orange Sauce.

Serve

Serve over White Rice and sprinkle with a handful of chopped Scallions.