

# Crispy Orange Beef

Recipe By Sarah Lasry



Cooking and Prep:   
1.5 h

Serves:  6

Contains:  

Preference: Meat

Difficulty: Medium

Diet: Sugar Free

Source: Whisk by Ami  
Magazine

## Ingredients (13)

### Beef

- 4 pounds sandwich steak, sliced into thin strips (about 1 and 1/2 inches thick)
- 2 tablespoons Gefen Soy Sauce
- 2 tablespoons Haddar Teriyaki Sauce
- 2/3 cup cornstarch
- 1 and 1/2 cups oil, for frying (you can use coconut oil)

## Sauce

- 1/4 cup Gefen Cornstarch
- 2/3 cup orange juice
- 6 tablespoons molasses
- 2 tablespoons rice vinegar
- 6 garlic cloves, minced or 6 cubes Gefen Frozen Garlic
- 2 teaspoons fresh ginger, minced or 2 cubes Dorot Gardens Frozen Ginger
- 1/2 cup orange rind, very thinly sliced (from about 4 large oranges; save some for garnish)

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## Garnish

- 4 scallions, chopped (*optional*)
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## Start Cooking

### Prepare the Beef

1. Line a baking sheet with Gefen Easy Baking Parchment Paper and set aside.
2. In a medium bowl, combine soy and teriyaki sauces. Add meat and mix well. Refrigerate for five minutes.
3. Place cornstarch in a separate bowl. Remove meat from refrigerator. Dredge each piece of meat in cornstarch and place on prepared baking sheet. Keep meat spread out in a single layer.
4. Place baking sheet in freezer for at least 45 minutes. (This is crucial for crispy meat strips when frying.)
5. Heat oil in a large pan or wok over medium-high heat. When oil is hot, add meat (use tongs) and fry until golden brown on each side, three to four minutes. Do not overcrowd pan; fry in batches. Remove to a paper towel-lined plate.

### Prepare the Sauce

- 1.

In a medium saucepan, add all ingredients and whisk to combine. Bring to a boil over medium-high heat. Remove from heat and let sit for three to four minutes.

2. Pour hot sauce over crispy beef. Mix lightly.
3. Garnish with reserved orange rind and scallions, and serve immediately.