

# Good Enough 2 Eat

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## Ginger Beef Stir Fry

A simple stir fry for the novice cook that is healthy, delicious and good enough to eat. Impossible you say. No, not at all. Serve with white rice cooked to perfection using the absorption method. To do this, use one cup of rice to two cups of water. Before you cook the rice, simply rinse it under water stirring it thoroughly. This will wash away some of the starch which makes it sticky. Add the rice to the water, bring to the boil and cook for about a minute. Reduce the heat to a simmer then allow the rice to sit covered steaming on its own until the water is absorbed. If this all sounds too hard, buy a rice cooker and follow the instructions on that. I eat a lot of rice because I like its versatility. For variations add a little brown rice but remember that brown rice can take longer to cook so don't add too much to the mix at any one time. You can also boil the rice in stock instead of water if you're looking for more flavour. Speaking of flavour, I don't add any salt to my rice – healthy, healthy!

### You'll need:

- 2 Bunches of Bok Choy.
- 600g of lean Beef.
- 3 Tablespoons Soy Sauce.
- 1 Tablespoon of Brown Sugar.
- Half Tablespoon of Corn Flour.
- 2 Tablespoons of Sweet Sherry.
- 1 Tablespoon of powdered Ginger.
- 2 Cloves of Garlic.
- 2 Tablespoons of Vegetable Oil.



### Here's what to do:

Top and tail the Bok Choy and then cut all the other vegetables into bit sized pieces. You are looking for uniformity in terms of size as this will allow the ingredients to cook evenly. Dice the meat and gather the other ingredients to make the sauce. The process of cooking is quick so you really need to be prepared before you start. The pan you'll need is called a wok. It needs to be hot (and I'm talking smoking) before you start to cook. Add some oil, then the beef. Cook for a few seconds to seal beef then remove it to stop it over-cooking and becoming tough. Add the vegetables and cook over a high heat for a few moments. Now, you're ready to make the sauce. To do this, simply add the Ginger, Garlic, Soy Sauce, Brown Sugar and Sweet Sherry to the wok – which you can now reduce the temperature of. Toss together. To thicken, add a little of the corn flour mixed in a tablespoon of cold water. When ready return the beef and heat through. There is no one correct method involved with this dish. Have a bit of fun and experiment with your own style. When ready, serve the stir fry with some of the rice. Eat immediately. It's delicious and good enough to eat!