

## Mongolian Beef: Easy Homemade Sweet & Savory Stir-Fry

Here's what you'll need to create this incredibly flavorful Mongolian Beef:



**OVEN**  
**375°F**

**TIME**  
**2-3 min**

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### INGREDIENTS

- 2 teaspoons olive oil (for sauce)
- 1/2 teaspoon ginger, minced (freshly grated recommended)
- 1 tablespoon garlic, chopped (freshly minced recommended)
- 1/2 cup soy sauce
- 1/2 cup water
- 3/4 cup dark brown sugar, packed
- 1 cup olive oil or avocado oil (for frying beef)
- 1.5 lb flank steak
- 1/3 cup cornstarch (more if needed)
- Green onion, diagonally sliced (for garnish)

#### Swaps and Notes:

**Flank Steak:** Flank steak is traditional and works beautifully when sliced against the grain. Sirloin steak or even skirt steak can be used as alternatives. Ensure it's thinly sliced against the grain for tenderness.

**Ginger:** Freshly minced or grated ginger is highly recommended for the best aroma and flavor.

**Garlic:** Freshly minced garlic is crucial for the sauce's depth.

**Soy Sauce:** Use regular or low-sodium soy sauce. For a gluten-free option, use tamari.

**Dark Brown Sugar:** Packed dark brown sugar provides a deeper molasses flavor which is characteristic of Mongolian Beef. Light brown sugar can be used, but the flavor will be milder.

**Oil for Frying:** Olive oil or avocado oil work well due to their higher smoke points. You need enough to create a shallow-fry effect, ensuring the beef gets crispy.

**Cornstarch:** This is essential for creating a light, crispy coating on the beef and for thickening the sauce. Ensure all slices are well-coated.

**Green Onion:** Adds freshness, a mild oniony bite, and beautiful color. Don't skip it!

**Optional Additions:** A pinch of red pepper flakes for heat, or a dash of rice vinegar in the sauce for extra tang.

## DIRECTIONS

1. Let's get this delicious and easy : Mongolian Beef cooking in your skillet!
2. Prepare the : Sauce: In a small saucepan, combine 2 teaspoons of olive oil,  $\frac{1}{8}$  teaspoon of minced ginger, 1 tablespoon of chopped garlic,  $\frac{1}{4}$  cup of soy sauce,  $\frac{1}{4}$  cup of water, and  $\frac{3}{4}$  cup of packed dark brown sugar. Bring the mixture to a boil over medium heat, stirring occasionally to dissolve the sugar. Let it cook for about 2-3 minutes at a gentle boil. Remove the sauce from the heat and set it aside.
3. Prepare the : Flank Steak: Slice the flank steak diagonally against the grain into ...-inch thick slices. This thin slicing against the grain is crucial for tenderness. Lay the steak slices on a plate or in a shallow dish. Sprinkle and gently press  $\frac{1}{3}$  cup of cornstarch onto both sides of the steak slices, ensuring they are well coated. Let the coated steak sit for about 5-10 minutes. This allows the cornstarch to adhere to the meat, which will help create a crispy exterior when fried.
4. Cut & : Fry Beef: After the cornstarch has adhered, cut the longer steak slices into 1-inch bite-sized pieces for easier eating. Using a clean pot or large skillet (a wok works great if you have one), heat 1 cup of olive oil or avocado oil over medium heat until it shimmers (around 350-375°F / 175-190°C). Carefully add the cornstarch-coated beef slices to the hot oil in batches if necessary, to avoid overcrowding. Cook for about 2 minutes, stirring the meat so it cooks evenly and becomes lightly browned and crispy.

5. Drain : Beef: Using a slotted spoon, carefully remove the cooked beef onto a plate lined with paper towels to drain any excess oil.
6. Combine & : Finish: Carefully drain most of the oil from the pot/skillet, leaving only about a tablespoon of residual oil/ flavor. Alternatively, grab a new clean skillet for this step. Return the drained beef into the skillet. Cook on medium heat for 1 minute, stirring. Add the prepared sauce (from step 1) to the skillet with the beef. Bring the sauce to a boil and cook for 1 minute, stirring constantly to coat the beef evenly and allow the sauce to thicken further. Finally, add the diagonally sliced green onions and cook for 1 more minute, stirring to incorporate. Turn off the heat.

## SWAPS & NOTES

: it's sweet, it's savory, and it has that irresistible glossy texture.

What I love most about this recipe is how it achieves that coveted tender-crisp beef texture by coating the flank steak in cornstarch before a quick fry.

The sauce is simply divine - a perfect balance of soy sauce and brown sugar , brightened by ginger and deepened by garlic .

It cooks up incredibly fast, making it ideal for busy evenings, yet tastes like something you'd order from a high-end restaurant.

## TIPS FOR SUCCESS

Slice Against the Grain: This is crucial for tender flank steak!

Look at the muscle fibers and slice perpendicular to them.

Cornstarch Coating: Ensure every piece of beef is well-coated in cornstarch.

This is the secret to that crispy, tender texture.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/mongolian-beef-easy-homemade-sweet-savory-stir-fry/>