



Chinese Soul Food
with Chef Hsiao-Ching Chou

Beef with Broccoli
Tomato Egg Drop Soup
Vegetable Fried Rice

Ingredient List:

- ½ pound flank steak
- ½ cup soy sauce, divided, plus more as needed
- 3-4 teaspoons finely minced fresh ginger, divided
- 1 teaspoon Shaoxing wine or dry marsala wine (optional)
- 2 medium cloves garlic, crushed
- 1 tablespoon plus 1 ½ teaspoons corn starch
- 5 tablespoons vegetable oil, divided
- 3 heaping cups broccoli florets, blanched for about a minute and a half and drained
- 1 teaspoon hoisin sauce
- ¾ teaspoon sesame oil
- 1 cup fresh diced tomatoes
- 4 stalks green onions
- 2 cups fresh baby spinach
- 5 large eggs, divided
- Chopped cilantro (optional)
- 5 cups cold cooked rice (recipe provided at end of packet)
- 1 cup thinly sliced napa cabbage or other leafy greens
- 3 to 4 shiitake mushrooms, sliced
- ½ teaspoon kosher salt, plus more as needed
- Chili paste (optional)
- Water

Equipment:

- Chef's knife
- Cutting board
- Small, medium mixing bowls
- Wok, or large sauté pan
- A couple of spatulas
- Small soup pot
- A fork

- Serving dishes
- Fine-mesh sieve, or colander with small holes
- Heavy bottomed soup pot with a lid