

Sunrise Minced Meat over Rice

October

Makes 4 servings

Marinade

2 tsp	soy sauce
1/8 tsp	ground white pepper
2 tsp	cornstarch
1 tbsp	water
8 oz	lean ground meat
2 tbsp	cooking oil
1	small onion, chopped
1 tbsp	minced garlic
1 cup	frozen mixed vegetables, thawed
3/4 cup	chicken or vegetable stock
2 tsp	soy sauce
1 tbsp	oyster-flavored sauce
1/2 tsp	sugar
1 tsp	sesame oil
1 tbsp	cornstarch dissolved in 2 tbsp water
4 cups	hot cooked rice
1	egg
2 tbsp	chopped green onions

Combine marinade ingredients in a bowl. Add meat; stir to mix well.

Heat a nonstick frying pan over medium-high heat until hot. Add oil, swirling to coat bottom. Add onion and garlic; stir-fry until onion is translucent, about 3 – 4 minutes. Add meat; cook until half done. Add mixed vegetables, stock, soy sauce, oyster sauce, sugar and sesame oil. Reduce heat and cook 1 minute. Thicken with cornstarch solution.

To serve, mound hot rice on a serving platter. Ladle beef mixture over rice. Using a large spoon, make a small dent in center of mound. Crack egg into dent. Garnish with green onions.

Remark: Typically the diner breaks the egg and mixes it with the meat.

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