



Featured Chef – Ming Tsai

Green Peppercorn Beef with Asparagus and Rotini

Cook time: 30 min

Prep time: 25 min

(Serves 4)

1 ½ pounds flank steak, any silverskin removed, sliced on the bias, ¼" thick

1 pound thin asparagus - ends trimmed

½ pound rotini pasta

½ cup fresh chicken stock or low-sodium canned chicken broth

5 tablespoons grapeseed or canola oil

2 tablespoons naturally brewed soy sauce

1 bunch scallions, white and green parts, sliced thin

5 garlic cloves, sliced thin

2 tablespoons crushed green peppercorns

Freshly ground black pepper – to taste

Kosher salt – to taste

Fill a large bowl with water and add ice cubes. In a wok, cook the asparagus in abundant boiling salted water until tender-crisp, 1 to 2 minutes. Transfer to the ice water with a skimmer, and when cold drain. Cut the asparagus into 2" lengths, and set aside.

Add more ice cubes to the bowl if necessary. Return the water in the wok to a boil and cook the pasta until al dente, about 11 minutes. Transfer to the ice water and when cold, drain and set aside.

Drain and dry the wok and heat it over high heat. Add 2 tablespoons of the oil and swirl to coat the bottom. When the oil is hot, add half the beef and stir-fry until rare, 3 to 4 minutes. Transfer to a plate. Add 2 more tablespoons of the oil, swirl, stir-fry the remaining beef, and transfer to the plate.

Add the remaining tablespoon oil to the wok, swirl, and when the oil is hot, add the garlic, peppercorns and scallions. Season with salt and pepper and stir-fry until soft, about 2 minutes. Return the beef to the wok, add the asparagus, rotini and stock, and stir-fry until heated through, 3 to 4 minutes. Add the soy sauce and stir to blend. Adjust the seasoning, if necessary, and serve in four individual pasta dishes.