



## Chinese Honey-Glazed Beef and Walnuts

This 241-year-old classic Chinese dish does not disappoint. Sweet and sticky beef with crunchy glazed walnuts – almost like eating candy. Quick cooked Beef is left to cook in honey and Chinese five-spice then tossed with walnuts.

### Ingredients

10 oz lean beef, partially frozen, sliced ultra thin (keeping the beef partially frozen enables you to slice it extra thin)  
2 tablespoons cornstarch  
1 tablespoon water  
1 egg  
1 tablespoon light soy sauce  
2 teaspoons Chinese five-spice powder  
Oil for deep-frying

¾ cup @farmfreshnuts walnut halves  
¼ cup honey  
1 tablespoon soy sauce  
1 tablespoon rice wine  
1 teaspoon finely grated fresh ginger  
1 teaspoon balsamic vinegar  
½ teaspoon salt  
Sesame seeds for sprinkling on top

### Instructions

Use a very sharp knife to cut the beef across the grain into ultra-thin slices, then stack the slices and cut thinly into matchsticks.

In a bowl, combine 2 tablespoons of the cornstarch with the water, egg, soy sauce, and five-spice powder. Stir to combine thoroughly. Add the beef strips and toss to coat evenly.

Pour some oil to the depth of about an inch in a wok or skillet. Heat to about 360 degrees F. Slowly add the beef strips and stir to separate them. Cook until lightly browned, about 2 minutes. Use a slotted spoon to remove the beef, allowing the oil to drip for a few moments, and transfer to a plate.

Add the walnuts to the hot oil and fry for about a minute, until crispy. Use a slotted spoon to transfer the walnuts to the plate with the beef.

In a bowl, combine the honey, rice wine, soy sauce, grated ginger, vinegar and salt.

Carefully remove all but 2 tablespoons of the oil from the wok. Return the oil to high heat, then add the honey sauce. Simmer for 15 seconds to make a glaze. Add the beef and walnuts, reduce the heat to medium high, and stir until evenly glazed, about 3-5 minutes.

To serve, place the beef and walnuts on a serving platter along with a serving bowl of rice. Sprinkle sesame seeds over the beef and serve at once.

Makes 2 main or 4 side servings