



Culinary Practice Recipe

Prep 15 mins

Cook 10 mins

Yields 2 to 3 servings



Warm Orange Beef Salad

Prepare Ingredients

7 mL (1½ tsp) canola oil
250 g (8 oz) beef top sirloin grilling steak

125 mL (½ cup) sliced mushrooms

50 mL (¼ cup) each of julienned carrot, thinly sliced sweet red or yellow pepper and red onion

1 L (4 cups) baby lettuce
Dried chili pepper flakes (optional)

Sauce

2 mL (½ tsp) grated orange rind
25 mL (2 tbsp) orange juice
15 mL (1 tbsp) each of sodium reduced soy sauce and rice vinegar
7 mL (1½ tsp) each of minced ginger root and liquid honey
5 mL (1 tsp) cornstarch
1 clove garlic minced
2 mL (½ tsp) each of sesame oil and Asian chili sauce

Cook

Slice beef into thin strips. Whisk together orange rind, orange juice, soy sauce, vinegar, ginger root, honey, cornstarch, garlic, sesame oil and chili sauce in small bowl for the sauce and set aside.

Heat canola oil in large **skillet** or **wok** over high heat. Stir-fry beef for 3 to 4 minutes or until brown; transfer to a bowl. Add mushrooms, carrot, peppers, onion and 10 mL (2 tsp) water to pan and bring to boil; reduce heat, cover and cook for 2 minutes or until tender-crisp.

Grilling steaks can be from either the rib or loin wholesale cuts. Top sirloin steaks are from the loin and are tender cuts of meat. They are often **marinated** just for flavour.

Sautéing is considered a form of dry heat cooking. **Dry heat cooking** requires no lid or liquid for cooking. It involves applying heat directly to the meat. Dry heat cooking is often used for meats like grilling steaks or premium oven roasts, which means fewer connective tissue rings to be tenderized.

Beef strips are sautéed in a hot, lightly oiled non-stick skillet using medium heat for about 1 minute per side, or until they are browned. This type of quick cook maintains the moisture and tenderness in the beef.

This recipe also uses **mechanical tenderizing**, by cutting the beef steak across the grain. The grain is the way the muscle fibres in the meat are arranged. Muscle fibres run parallel to each other. **Cutting across the grain** means slicing perpendicular to these parallel fibres, which makes these fibres shorter and easier to chew.



Watch a video that demonstrates the **fast fry** and **stir-fry** cooking techniques at <https://canadabeef.ca/fast-fry-stir-fry-know-how/>.



Culinary Practice Recipe

Warm Orange Beef Salad

Cook continued

Return beef and any juices to pan. Stir in reserved sauce mixture and return to boil; cook, stirring for 1 to 2 minutes or until thickened. Sprinkle with chili pepper flakes (if using). Spoon over individual servings of baby lettuce.



Why are more tender cuts of meat typically cooked with dry heat cooking methods?



What are some other examples of dry heat cooking that could be used with grilling steaks?



Experience Asian flavours at home with little effort and time. Top sirloin is a lean cut of beef. This dish provides a good source of iron (20% DV) and excellent source of zinc (76% DV).

A wok is a two-handled, round- or flat-bottomed cooking pan, but you can easily stir-fry in a large, flat-bottomed heavy skillet. In fact, many home stoves simply can't accommodate a wok anyway – the burners aren't large enough. If you use a cast iron skillet, make sure it's well-seasoned.

Nutrition Facts

per serving

Amount

Calories	208
Protein	22 g
Fat	7 g
Carbohydrate	14 g
Sodium	324 mg

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/warm-orange-beef-salad/>