Kinloch Farm Beef and Broccoli

with Bone Broth Rice

A beef, broccoli, and rice dish is a great family favorite to have in your back pocket. This iteration goes beyond the classic preparations with the additions, fresh herbs like cilantro, basil and mint, and a spicy drizzle of chili crisp for those who enjoy the kick!

Our sliced Philly-style steak does well with a "velveting" step, tenderizing this simple cut quickly and without a slow braise! A hot and quick sauté will fill your kitchen with aromas of warming spices, garlic and ginger, perfect for the chilly evenings ahead!

This recipe features rice cooked in beef bone broth not only for the flavor, but for the added protein and collagen benefits too. Enjoy this dish hot, cold, for lunch or dinner, and if you add a jammy egg or two it performs breakfast wonderfully as well!

Ingredients

1 tablespoon baking soda
1.5 lbs Kinloch Farm sliced Philly steak, cut into strips
2 tablespoons sesame oil, divided
1 yellow onion, sliced
1 tablespoon minced garlic
2 teaspoons minced ginger
⅓ cup tamari
2 tablespoon maple syrup or brown sugar
1 tablespoon Worcestershire sauce
1 tablespoon rice vinegar
½ tablespoon cornstarch
4 cups beef bone broth, divided
1 ½ cups white basmati rice, rinsed
4 whole star anise, divided
4 cups broccoli florets
¼ cup each of cilantro, basil, mint, green onion, all chopped
1 teaspoon sesame seeds
Chili crisp, to taste

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Recipe and photos by Chef Ryan Ross

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Pat the steak dry and slice it into 1-2 bite sized pieces, against the grain. Place into a medium-sized bowl and sprinkle with baking soda along with 2-3 tablespoons of water. Massage the beef well, encouraging it to absorb the mixture, and let sit for 15 minutes.

Place rinsed rice into a medium sauce pot and a large pinch of salt, 1 star anise, 2 cups of both broth, plus 1 cup of water. Cover and simmer until rice has absorbed the liquid and steam holes are visible. Remove the star anise and fluff the rice with a fork. Return the lid to the pot and continue steaming the rice for a few minutes more, if needed.

Rinse the baking soda mixture from the beef very well and pat dry. Marinate the beef with 1 tablespoon sesame oil, onion, garlic, ginger, tamari, maple syrup, Worcestershire sauce, rice vinegar, and ½ tablespoon cornstarch. Mix and coat well and let sit for several minutes.

Heat up the remaining sesame oil in a wok or large skillet. Once oil is very hot, add in the marinated beef and sauté for 3-5 minutes.

To finish the beef and broccoli and to create the sauce, remove the beef and place to the side. Pour in the remaining beef bone broth and star anise, and simmer for about 10 minutes or until thickened enough to coat the back of a spoon.

Taste and adjust seasonings by adding the final two teaspoons of ginger and ¼ cup of tamari, and feel free to control the thickness of the sauce by reducing further or adding water by the spoonful for a thinner or more mild sauce.

Add the beef back in along with the broccoli florets, cover with the lid and turn off the heat, let the residual steam cook the broccoli for about 2 minutes.

To plate, remove the star anise and spoon a bed of rice into a dish followed by a generous portion of the sauced beef and broccoli. Complete the dish with lots of fresh herbs, sesame seeds, and a drizzle of chili crisp.