

## Chairman Mao's Cherry Cola Skirt Steak

READY IN



90 min.

SERVINGS



8

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2 hu yieh leaves dried lotus leaves
- ☐ 2 cups cherry cola
- ☐ 2 ounces corn oil for frying plus more
- ☐ 10 garlic cloves chopped
- ☐ 3 ounces grain alcohol chinese
- ☐ 1 tablespoon horseradish with red meat prepared
- ☐ 1 large onion chopped
- ☐ 2 ounces fermented rice sauce sweet available at any Asian grocery
- ☐ 4 ounces rice cooking wine

- ☐ 2 ounces rock candy
- ☐ 4 ounces soya sauce dark
- ☐ 8 buns white chinese gwa bao, a folded bun from any grocer
- ☐ 3 cups water

## Equipment

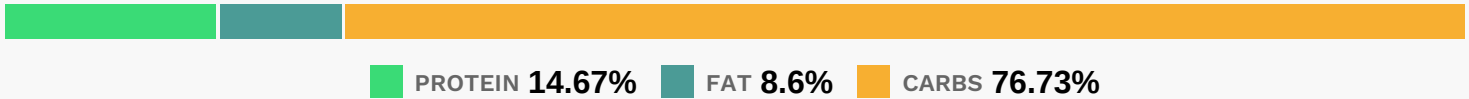
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ stove
- ☐ colander

## Directions

- ☐ The order of operations is to cut the skirt steak into 3-inch chunks.
- ☐ Add the oil to a large skillet over medium heat.
- ☐ Add the beef and brown for 2 minutes on each side.
- ☐ Remove from the pan and let drain in a colander. While it's draining, lightly rinse the inside of the skillet with warm water, wipe with paper towel, then put back on the stove. Make sure skillet is dry on inside so the oil doesn't pop. Coat the skillet with oil and add the rock candy.
- ☐ Let it melt for 1 minute or until halfway melted on medium heat.
- ☐ Add the browned beef and stir until caramelized.
- ☐ Remove the skillet from the heat, add moutai and ignite with a long kitchen match.
- ☐ Let it flame for 10 to 15 seconds then return the skillet to the heat.
- ☐ Add the rice wine, garlic, onion, horseradish, 4 ounces of soy sauce, and the fermented rice sauce.
- ☐ Let simmer for 2 minutes and then add 2 cups of the water.
- ☐ Let simmer for 5 minutes, then skim the foam off the top.
- ☐ Add the cherry cola and let boil, uncovered, on high heat for 10 minutes. Stir in the remaining cup of water and cover. Cook until tender, usually another 50 minutes.
- ☐ About 20 minutes before serving, set up a bamboo steamer.

- ☐
- Put the dried lotus leaves in steamer and put the 8 buns on top. Steam until soft, but still firm, usually 3 to 5 minutes.
- ☐
- Roughly chop the beef. You don't want to chop it fine, you just want nice bite-sized pieces like chopped brisket. Stuff each bun with the beef and some onions from the pot.
- ☐
- Transfer the lotus leaves to a serving platter and arrange the buns on top. The large leaves give off a nice aroma and looks cool. It's good party presentation for serving.

## Nutrition Facts



## Properties

Glycemic Index:45.52, Glycemic Load:31.12, Inflammation Score:-4, Nutrition Score:6.2221738644268%

## Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

## Nutrients (% of daily need)

Calories: 294.35kcal (14.72%), Fat: 2.43g (3.74%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 48.74g (16.25%), Net Carbohydrates: 46.94g (17.07%), Sugar: 10.86g (12.06%), Cholesterol: 3.54mg (1.18%), Sodium: 1107.04mg (48.13%), Alcohol: 5.83g (100%), Alcohol %: 2.44% (100%), Caffeine: 4.72mg (1.57%), Protein: 9.32g (18.64%), Iron: 11.28mg (62.69%), Manganese: 0.25mg (12.32%), Selenium: 6.59µg (9.42%), Fiber: 1.79g (7.17%), Vitamin B6: 0.13mg (6.36%), Phosphorus: 60.9mg (6.09%), Vitamin B3: 0.92mg (4.59%), Vitamin C: 3.18mg (3.86%), Copper: 0.08mg (3.82%), Magnesium: 14.78mg (3.7%), Potassium: 120.66mg (3.45%), Calcium: 29.46mg (2.95%), Vitamin B2: 0.05mg (2.92%), Folate: 8.96µg (2.24%), Vitamin B1: 0.03mg (2.24%), Vitamin B5: 0.2mg (1.98%), Zinc: 0.29mg (1.93%), Vitamin D: 0.27µg (1.8%), Vitamin B12: 0.1µg (1.64%), Vitamin A: 75.34IU (1.51%)