

YIELD: 3 PEOPLE

Orange Beef

Orange Beef - crispy beef in crazy delicious orange sauce. This homemade orange beef recipes is healthier and so much better than Chinese takeouts.



PREP TIME

20 minutes

COOK TIME

5 minutes

TOTAL TIME

25 minutes

INGREDIENTS

- 10 oz (300g) beef sirloin or flank steak, cut into bite-sized pieces
- Oil for deep-frying
- 1 teaspoon cooking oil
- 2 cloves garlic, minced
- White sesame for garnishing
- Chopped scallion for garnishing

Frying Batter:

- 1/4 cup all-purpose flour, sifted
- 1 large egg
- 2 tablespoon cornstarch

- 1/2 teaspoon baking powder
- 1/4 cup water, ice cold
- 1/2 tablespoon cooking oil

Orange Sauce:

- 1/3 cup orange juice
- 1 tablespoon [soy sauce](#)
- 2 tablespoons sugar
- 1 teaspoon [Apple cider vinegar or Chinese rice vinegar](#)
- 1 teaspoon cornstarch

INSTRUCTIONS

1. Heat up a pot of oil to 375F.
2. Combine all the ingredients in the Frying Batter together, stir well so there is no lump. Transfer the beef into the frying batter, coat well. Mix all the ingredients in Orange Sauce together, set aside.
3. Deep fry the beef in a batches. Once they turn light brown, remove from the oil with a strainer and transfer to a plate lined with paper towels. Deep fry the beef twice by dipping the fried beef into the batter again and deep-fry until they turn golden brown.
4. Heat up a skillet with the oil and stir-fry the garlic until aromatic. Add the Orange Sauce and cooks until it thickens. Transfer the beef into the skillet, stir to combine well. Dish out, garnish with sesame and scallions and serve immediately.

NOTES

Double on the Orange Sauce if you like it saucy. Also, add 1 teaspoon grated orange zest and 1 tablespoon garlic chili sauce to jazz up the taste, if you like.

Nutrition Information

Serving Size 3 people

Amount Per Serving

Calories 295

Total Fat 10g

Saturated Fat 3g

Cholesterol 111mg

Sodium 409mg

Carbohydrates 26g

Fiber 1g

Sugar 11g

Protein 24g

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