

# PLANT-BASED PAIRING: 2016 TIRELLO ANDREA DRUID VINO ROSSO

Grape Varietals: Argilloso 80% , Calcareo 20%

*Intense ruby red with violet reflections. Scent is fruity with marasca and plums. Hints of licorice and Asian spice. Taste is full and dry, with ripe and well-balanced tannins.*

## ASIAN "UN"BEEF AND BROCCOLI RECIPE BY POWERED BY PLANTS CONSULTING



*This recipe is a vegan spin on the take-out classic, Beef and Broccoli. Soy curls, which can be found on Amazon and in most health food stores, are a tasty and healthy protein that work great in stir-fry dishes. Feel free to use your protein of choice. Tempeh, tofu, seitan all work well.*

### Ingredients: (Serves 4)

- 2 cups dry soy curls
- 2 heads broccoli, chopped into florets (not too small)
- 1/2 cup water or so (for steaming broccoli)
- 2 tbsp. cornstarch
- 2 tsp. vegetable oil or any neutral oil
- 1 1/2 cups of dry brown or white rice, 3 cups of water
- Sesame seed garnish (optional)

For the sauce- (feel free to use store-bought stir-fry sauce for convenience but always check the ingredients to make sure they are vegan)

- 1/2 cup tamari or soy sauce
- 1/4 cup brown sugar
- 1 tsp. sesame oil
- 1/2 tsp. ginger powder
- 4 cloves garlic, minced
- 1/2 cup vegetable broth
- 2 tsp. cornstarch mixed with 1 tbsp. water until smooth

### Instructions:

- Get rice started, if serving
- Soak your soy curls by putting 2 cups of soy curls in a bowl and covering them with warm water. Let them sit for 10 minutes while you get started on your sauce.
- Mix all your sauce ingredients in a bowl, except for the cornstarch.
- **Mix the cornstarch separately**, in a small bowl or ramekin, mixing 1 tbsp. of water and 2 tsp. of cornstarch. Once smooth, add to the sauce bowl and stir. Set sauce aside.
- Now strain your soy curls. Remove all the water by pressing them down with your hand, until water no longer drips from strainer.
- Take the remaining 2 tablespoons of cornstarch and mix it with soy curls.
- Heat oil in a large skillet and add soy curls to hot pan. Cook the soy curls until they are browned. Remove them from the pan and set them aside.
- Add chopped broccoli to the pan with some water so it steams the broccoli without sticking to the pan.
- Once broccoli is bright green and not overly cooked, about 4 minutes or so, return the soy curls to the pan.
- Add the sauce and mix all together.
- Once the sauce is thickened, about 3 minutes or so, remove from heat and serve over brown rice. Sprinkle with sesame seeds.