

THE KETO-FIED VERSION OF A CLASSIC DISH. This recipe for sesame crispy beef is the keto-fied version of a classic dish found in many Chinese restaurants. In this recipe, stevia paired with rice wine vinegar and vegetables does the job of creating a bit of sweet without compromising the carb count.

CRISPY SESAME BEEF

“**E**at until your full.
Then wait thirty
minutes and eat the
rest.”

SERVES 4 ● **PREP TIME 20 MINUTES** ● **TOTAL TIME: 60 MINUTES**

- J 1 lb. Ribeye Steak, sliced into ¼” strips
- J 1 tbsp. Coconut Flour
- J 1/2 tsp. Cape Crystal Guar Gum
- J 1 tbsp. Coconut Oil
- J 4 tbsp. Soy Sauce (can sub tamari or coconut aminos for GF/Paleo)
- J 1 tsp. Sesame Oil
- J 1 tsp. Oyster Sauce
- J 1 tsp. Rice Vinegar, plus 1 tsp
- J 1 tsp. Sriracha or Sambal Olek
- J ½ tsp. Red Pepper Flakes
- J 1 tbsp. Toasted Sesame Seeds
- J ½ medium Red Pepper, sliced into thin strips
- J ½ medium Jalapeno Pepper, sliced into thin rings
- J 1 medium Green Onion, chopped
- J 1 clove Garlic, minced
- J 1 tsp. Ginger, minced
- J 7 drops Liquid Stevia
- J Oil for frying

STEP 1: Begin by preparing the daikon noodles for this recipe. Using a spiralizer, slice the daikon radish so that you’re left with noodle-like strings. Once you’ve peeled the entire daikon radish, soak the daikon noodles in a bowl of cold water for 20 minutes.

STEP 2: Chop ribeye steak into small strips, about 1/4 in thickness.

STEP 3: Place the ribeye steak in a bowl and pour the coconut flour and guar gum over the meat in order to coat all the pieces. This flour will act as a light breading in order to create the crispy beef texture. Allow it to rest for 10 minutes.

STEP 4: Prepare all vegetables. Slice Red Pepper into thin strips, jalapeno into thin rings, green onion into small pieces, and mince the garlic and ginger.

STEP 5: In a wok pan or large skillet, heat coconut oil over medium heat. Once hot, add garlic, ginger, and pepper. Fry for 2 minutes until aromatic, taking care not to burn. Add the soy sauce, oyster sauce, sesame oil, rice vinegar, stevia and sriracha. Whisk to combine and allow to cook down for 1-2 minutes. Then add sesame seeds and red pepper flakes to sauce mixture and stir.





*Above: Finished dish of crispy sesame beef mixed with peppers and broccoli (optional.)
Opposite page: Slicing beef. Below: Cooking a medley of sliced peppers.*



STEP 6: While vegetables are cooking, heat 1” of cooking oil in a large pot or fryer over high heat until it reaches 325 degrees F. Once the oil reaches the proper temperature, add beef strips, making sure not to crowd the pot. With this shallow fry technique, you will need to turn the meat in the pan once to allow both sides to cook evenly. Fry for 2-3 minutes on each side, or until the meat begins to develop a deep brown crust.

STEP 7: Remove the beef from the oil and place on paper towels to absorb some of the oil. Next, drop the cooked crispy beef into the wok pan containing the sauce and vegetables, and stir to combine. Cook for an additional 2 minutes to develop the flavors of the meat and sauce together. ❤️