

SOBA'S CORNER



OPEN 24/7/365

(except for Lunar New Year)

**EAT IN
TAKEOUT**

+++

WE DELIVER

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(514) 848-2424 ext. 4750

FIND OUT ABOUT OUR
DAILY SPECIALS
@SNACKWITCH

00:00:00.000 --> 00:00:00.960
B: For Alberta's like economy,
to function you know
00:00:04.004 --> 00:00:06.374
J: Yeah... AHIIIH!!!
00:00:07.040 --> 00:00:07.760
B: Ooooooh, you closed it.
00:00:10.080 --> 00:00:11.746
J: That's a good blooper!

When they take away the things

J: Welcome to this week's episode of Soba's Corner!
00:00:15.760 --> 00:00:18.240
Today we're going to be making Alberta ginger beef!

00:00:19.200 --> 00:00:24.080
Sidenote: Put the beef flank steak in the
freezer for 10-20 minutes before slicing.

00:00:26.880 --> 00:00:29.840
While you're waiting, chop up
your veggies for the sauce.

00:00:30.480 --> 00:00:35.040
We're going to start with peeling and
cutting into matchsticks one large carrot.

00:00:38.960 --> 00:00:45.600
Now remove the core and seeds of a red and green
pepper before cutting them into matchsticks too.

00:00:49.360 --> 00:00:57.840
Just a heads up now, you might not use all of your
matchsticks. Just go with what feels right for you!

00:01:02.240 --> 00:01:07.360
Now, thinly slice two stalks of scallions.
Keep the white and green parts separate.

00:01:09.120 --> 00:01:12.373
Okay now grab 15 cloves of garlic

00:01:14.008 --> 00:01:19.013
Jokes jokes jokes, you just need three. But I used six

00:01:23.040 --> 00:01:25.840
Annnnnnnnd say hello to Soba!

00:01:29.760 --> 00:01:34.240
I know why but Soba loves
garlic even though it COULD KILL HER

00:01:36.320 --> 00:01:42.160
Like she just loves garlic oil stir fry broccoli
and I can't, I can't do anything about that so.

00:01:46.080 --> 00:01:53.840
Anyways! We're going to get back on track! Now
smooth and peel and mince your garlic babies.

00:01:58.240 --> 00:02:07.200
Now grab a large spoon and use the edge to peel
one tablespoon's worth of ginger. Then grate that shit!

00:02:07.200 --> 00:02:20.640
It is taking me a while because my microplaner is dull so if you have the extra in-
come

00:02:20.640 --> 00:02:26.800
I'd suggest having one dedicated microplaner
to ginger because it is a tough ass root.

00:02:28.400 --> 00:02:32.880
Okay back to the beef! Take it out
of the freezer and start slicing it

00:02:32.880 --> 00:02:41.360
into quarter inch thick strips. Think of those
chicken fingers from KFC -- or PFK in Quebec --

00:02:42.480 --> 00:02:49.840
which they were selling at one point. I don't
know if they still are. But I was into them!

00:02:53.280 --> 00:03:03.840
And during this process you might have
to fight off the shark that is Soba.

00:03:11.520 --> 00:03:17.840
The first attempt might not work

00:03:22.960 --> 00:03:31.840
so this could be a repelitive activity.

00:03:38.800 --> 00:03:40.480
Alright! To the batter.

00:03:42.800 --> 00:03:45.840
Start by adding

00:03:47.440 --> 00:03:50.320

one cup of cornstarch to a large bowl.
00:03:52.720 --> 00:03:59.840
quarter cup of all-purpose flour, **how scent**
is also a part of
00:04:00.560 --> 00:04:03.440
one teaspoon of white pepper. **identity [making]**
00:04:08.240 --> 00:04:13.840
Now tag out your spoon for a whisk
and start whisking until well combined. **Certain ones**
I gravitate to.
00:04:15.840 --> 00:04:18.800
Then add three quarter cups of water

00:04:22.960 --> 00:04:24.400
and one eggo **Of my being**
00:04:27.360 --> 00:04:34.800
before mixing everything together. It's gonna feel
like what I imagine stirring wet cement is like.

is an identity tethered to

00:04:41.600 --> 00:04:45.600
this is not necessary but you can throw
in a little dance break here if you want,

00:04:45.600 --> 00:04:55.840
before throwing in all of your beef fingers
and coating them well in the batter mixture. **survival**

00:04:59.680 --> 00:05:07.760
Now for frying - Fill a large deep pan
or wok with one to two cups of oil

00:05:07.760 --> 00:05:09.840
depending on how wide the bottom of your pan is.

00:05:11.120 --> 00:05:17.360
You want a little hot oil pond so that
fingers are mostly submerged. **No "original"**
but because I come from - a - place

00:05:19.040 --> 00:05:23.200
To check if your oil is ready, take
out a pair of giant wooden chopsticks. **that's - the one I find to be**
natural

00:05:23.360 --> 00:05:27.680
and dip it in. If you see a head of bubbles
around the bottom, **the good one.**
You can tell when you pass by
they do it right.

00:05:27.680 --> 00:05:33.840
chopsticks, you are good to go! You can
start throwing in a few beef fingers at

00:05:33.840 --> 00:05:39.840
this time. Don't overcrowd the pan
because they need space to breathe. **where**
where is that identity going

00:05:42.320 --> 00:05:45.680
And also it lowers the temperature of the
oil when you put too many in at a time.

00:05:51.440 --> 00:05:55.600
So once you're done frying them all
the first time, you're going to fry them **between**

00:05:55.600 --> 00:06:02.800
again - I know frying things is scary but
y'all've come this far. **Homes**
to one likes lump!!! **Identities**

00:06:02.800 --> 00:06:10.320
sad, ginger beef so fry them again! It is
worth it! I actually had to do this off

00:06:10.320 --> 00:06:15.680
camera because it turns out this hot plate
doesn't get the oil hot enough, ironically... **a chance**

00:06:17.840 --> 00:06:23.120
To make the sauce grab a large pan and
add two tablespoons of oil to preheat. **Reboot**

00:06:25.680 --> 00:06:28.960
Then add four tablespoons of soy sauce in a bowl.

00:06:32.320 --> 00:06:36.160
Yeah and then magically a wall of ingredients
appears in front of the sauce bowl

00:06:36.160 --> 00:06:40.480
blocking your view so y'all are going to just
have to trust me when I say I then put in **r**

00:06:41.600 --> 00:06:43.840
six tablespoons of rice vinegar, **n**

00:06:46.880 --> 00:06:52.560
six tablespoons of rice wine - I did not
have any on hand so I used white wine.

00:06:53.360 --> 00:06:57.520
Don't come for me please. **A breath-taking experience**

00:06:57.520 --> 00:07:00.092
Five tablespoons of sugar,

00:07:01.120 --> 00:07:03.040
one tablespoon of sesame oil,

00:07:04.800 --> 00:07:11.440
one tablespoon of red pepper flakes - I did not
have enough so I substituted the remaining with

00:07:11.440 --> 00:07:19.440
gochugaru. Again, please don't come for me. Then
I added a little something something aka MSG

00:07:19.440 --> 00:07:23.680
at the end because it just makes things
taste even better and I felt like it~

00:07:25.120 --> 00:07:31.120
Okay! Now that the oil has heated up, add your
white ends to the scallions, red **When all I know**

00:07:31.120 --> 00:07:37.200
and green peppers and carrots to the pan. Then
stir that shit for around two to four minutes.

00:07:41.040 --> 00:07:43.840
You want them cooked but not overcooked.

00:07:48.800 --> 00:07:53.120
Okay don't forget to whisk together your
sauce mixture BEFORE adding it to the pan

00:07:54.160 --> 00:07:57.840
because I almost did that.

00:07:59.680 --> 00:08:03.920
The sauce won't thicken by reducing with
heat so you're going to make a cornstarch

00:08:03.920 --> 00:08:11.840
slurry now which is one tablespoon of
corn starch and two tablespoons of water.

00:08:13.200 --> 00:08:16.640
Whisk it together very well before adding it to the pan.

00:08:18.560 --> 00:08:21.760
After this step you're going to have to move
quickly because the sauce gets thick real fast.

00:08:24.480 --> 00:08:29.120
Once the sauce has thickened to your desired
consistency, add the fry bits aka the beef!

00:08:35.360 --> 00:08:41.600
Make sure you coat them well. Nobody wants dry ginger beef

I have

lived longer elsewhere

00:08:46.000 --> 00:08:49.840
Once they're all coated, add the green
ends of the scallions that you put aside.

disconnect

00:08:53.440 --> 00:08:55.440
Do one last round of tossing.

00:08:57.680 --> 00:08:58.480
Then plate it!

00:09:00.800 --> 00:09:02.640
Okay we're almost done I swear!

00:09:05.200 --> 00:09:12.880
If you're feeling fancy, wipe the edges of your
plate clean with a paper towel or clean rag. **or**

00:09:18.880 --> 00:09:24.640
Then you can sprinkle some white sesame
seeds on top for that "chef's kiss" aesthetic.

00:09:27.120 --> 00:09:28.880
Channel your inner salt bae~

00:09:34.240 --> 00:09:41.200
Reconnect you have it! We got ourselves some spicy,
gingery, sweet Alberta ginger beef! **Reposition**

00:09:48.240 --> 00:09:50.320
If you don't think you can finish a whole plate by
yourself, invite a COVID-safe
friend to crush it with you!

00:09:59.520 --> 00:10:03.840
If it's good, maybe they'll give you a high five! **e**

00:10:09.440 --> 00:10:13.440
And thanks for joining us for another
episode of Soba's Corner! We look forward

00:10:13.440 --> 00:10:21.020
to seeing you in our next episode
Whenever that may be! See you next time!

that give me a sense

to the point

A

Roots

Reset

Relocate

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or