Clean Cooking with Induction

Cambodian Black Pepper Beef (Lok Lak)

by Nite Yun

ebce

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Yield 4 servings

Time 20 minutes

INGREDIENTS

- ⅓ cup oyster sauce
- ¼ cup crushed garlic (about 8 garlic cloves)
- 3 tablespoons cooking rice wine
- 2¾ tablespoons raw sugar
- 2 tablespoons soy seasoning sauce (such as Golden Mountain)
- 2 tablespoons dark soy sauce
- 2½ teaspoon crushed Kampot
- 2 tablespoons cornstarch
- 2 tablespoons water
- 2 pounds flank steak, cut into 3/4-inch cubes
- 2 tablespoons olive oil
- 2 cups thinly sliced red onion (from 1 medium onion)
- 2 tablespoons fresh lime juice (from 1 lime)
- 1 teaspoon coarse sea salt
- 1 teaspoon coarsely ground Kampot or other black peppercorns
- 8 butter lettuce leaves
- 1 unripe red tomato, cut into 8 wedges

INSTRUCTIONS

Step 1

Stir together oyster sauce, garlic, rice wine, sugar, soy seasoning sauce, dark soy sauce, and crushed Kampot peppercorns in a small bowl.

Step 2

Stir together cornstarch and 2 tablespoons water in a medium bowl until cornstarch is dissolved; add beef, and toss to coat. Add 1/4 cup of the oyster sauce mixture; cover and refrigerate 8 hours or overnight. Cover remaining oyster sauce mixture, and set aside.

Step 3

Heat olive oil in an induction wok set on high. Carefully add beef mixture to wok, and cook, shaking wok often, until beef has a brown sear, 4 to 5 minutes. Add red onion and remaining oyster sauce mixture, and cook, shaking wok often, 2 more minutes.

Step 4

Stir together lime juice, sea salt, and coarsely ground Kampot peppercorns. Place beef, lettuce leaves, and tomatoes on a platter, and serve with lime sauce.

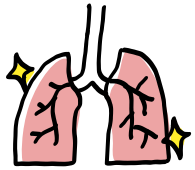
WATCH THE VIDEO AT ebce.org/induction

EAST BAY COMMUNITY ENERGY

Cook clean and fast with induction

Cook with clean power

In the East Bay, induction stoves run on clean electricity with a low carbon footprint. Gas stoves burn fossil fuels and emit greenhouse gases that contribute to global warming. As an EBCE customer, it's easy to make your kitchen fully carbon neutral with an induction cooktop and 100% renewable energy. Learn more at ebce.org/compare-plans-residential.



A safer, healthier home

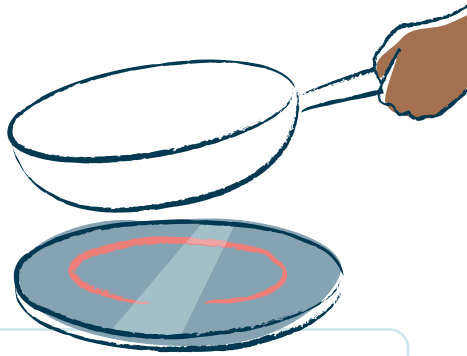
Induction cooktops eliminate a major source of indoor air pollution—the carbon monoxide and other toxic gases emitted by gas stoves, which can cause serious respiratory problems. Induction cooktops are also safer because they don't have open flames or exposed heating elements. That's important because cooking is the leading cause of home fires in the US.[1]

[1] Home Structure Fires, National Fire Protection Association, 2019

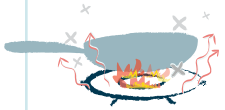
Cook faster with more control

Induction lets you boil water in half the time[2] it takes on a gas or coil cooktop. It heats the pan instantly with magnetism and delivers twice the thermal efficiency[2,3] of gas cooktops, which helps keep your kitchen cooler. Professional and home chefs appreciate the precise, steady control, wider temperature range, and quick response time they get with induction cooktops.

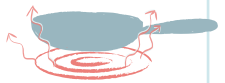
[2] Residential Cooktop Performance and Energy Comparison Study, Frontier Energy, 2019
[3] Induction Cooking Technology Design and Assessment, 2014



Induction hobs
heat cookware directly with a magnetic field



Gas cooktops
burn fossil fuel and create air pollution



Electric coils
and burners radiate heat indirectly

THINGS TO CONSIDER

Installation

Built-in cooktops and ranges with four to six burners typically require a dedicated 240v circuit installed by an electrician.

Selecting cookware

Induction works through magnetism, so be sure to use cookware made from magnetic stainless steel, cast iron, or multiple layers of metal.

Cost

Built-in cooktops start around $500 and ranges start around $1000. Portable burners range from $50 to $500. **Make the switch from gas to induction in your home and receive a $300 rebate from the Bay Area Regional Energy Network. Learn more at bayrenresidential.org/get-rebates.**

EBCE has partnered with several cities in Alameda County to offer a free cooktop lending program. **Visit ebce.org/induction to see if lending is available in your city!**