

SuperChefs Against Superbugs

Antibiotics are widely overused in food animal production just to compensate for overcrowded and unsanitary conditions, a practice that breeds drug-resistant superbugs that can infect us. You can encourage industrial farms to stop these practices by cooking with meat and poultry raised without antibiotics.



SuperChef Patricia Yeo

Uyгур Style Beef & Rice Gnocchi

[ONE LARGE OR TWO SMALL SERVINGS]

5 ounces diced beef raised on farms that do not overuse antibiotics (I use less expensive cuts like shoulder, top round or even stew meat if it is trimmed properly)

½ cup uygur spice mix

2 tablespoons sliced shallots

1 tablespoon chopped garlic

5 ounces rice gnocchi, or korean duk (my favorite brand is Golden Mascot), soaked in water for at least 2 hours

½ each red & yellow pepper cut into 1" dice

2 long horn peppers, seeded, cut into 1" dice

2 scallions, cut into 1" length, split the white parts if it is really fat

2 broccolini, cut into bite size pieces

Fish sauce

Lime juice

SPICE MIX MARINADE

¼ cup granulated garlic

¼ cup granulated onion

¼ cup coriander seed, toasted and finely ground

¼ cup cumin, toasted and finely ground

10 cardamom pods, smashed and ground

2 tablespoons fennel seeds, toasted and finely ground

¼ cup each black & Szechuan pepper, toasted and ground

1 stick cinnamon, smashed and ground

2 star anise, smashed and ground

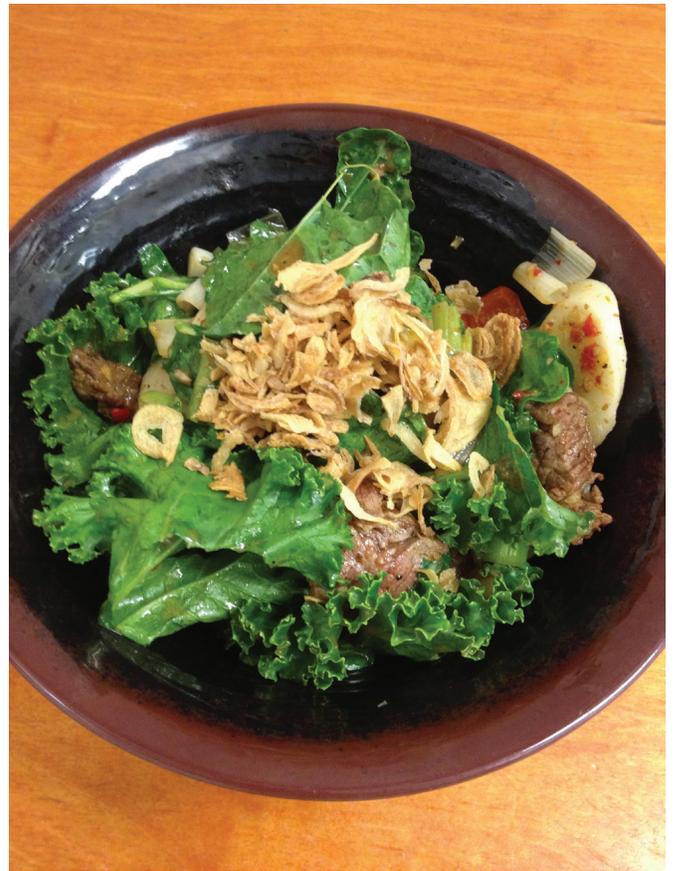
¼ cup ufer biber

¼ cup alleppo pepper

¼ cup dried thyme

¼ cup sumac

Salt



Marinate beef generously with uygur spice mix. Allow to marinate up to 3 hours before use.

In a hot wok, add a small amount of canola oil, stir fry shallots and garlic until fragrant, add beef, brown, add vegetables and gnocchi and stir fry for about 3-5 minutes until vegetables are tender but still crisp and gnocchi is done. Season with fish sauce and lime juice.

Chef Patricia Yeo is well-known for her culinary breadth and knowledge. The "Top Chef Masters" alum is creative director of Chicago restaurant Big Bowl, developing new dishes and restaurant concepts that focus on sustainable and locally sourced foods.

SaveAntibiotics.org

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