

## Stir Fry Basics

shared by Carrie Sanford

The trick to good stir-fry is high heat and short cooking times. Mix and match ingredients and sauces in this recipe to make your favorite. Use your imagination; these lists are just to get you started.

- Ingredient
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- Protein Options: Chicken, Beef, Pork, Shrimp, Tofu
- Local Veggie Options: onion, leek, garlic, bok choi, kale, carrot, bell pepper, celery, snap peas, green beans, broccoli, celery, chard, spinach, green onions, fava beans
- Extras: cashews, fresh ginger, water chestnuts, soba noodles or rice

To begin, choose a sauce recipe from the back of this recipe card; mix sauce ingredients and set aside. Chop all veggies and have them ready. Cut your protein into bite size pieces, or shave it into strips.

Heat 2-3 Tbsp vegetable oil in your wok, add chopped garlic and ginger. Add protein and cook over high heat. When just done, set aside in a bowl. Add more oil to pan if needed and start with some more garlic. Add veggies one at a time, starting with sturdy items like broccoli or celery and saving more fragile things like spinach or snap peas for last. When veggies are barely cooked, return the protein to the wok and add your sauce. Cook until sauce starts to thicken. Serve over rice or noodles.



# Stir Fry Basics: Sauce Choices

Spicy Garlic: 3 Tablespoons soy sauce, 2/3 cup vegetable or meat broth, 2 Tablespoons brown sugar, 1 1/2 Tablespoons Thai chili garlic sauce, 4 cloves garlic, minced

Spicy Hoisin: 1 tablespoons soy sauce, 1 tablespoon apple juice, 1/4 teaspoon black pepper, 1/4 cup vegetable or meat broth, 1 tablespoon hoisin sauce, 1 1/2 teaspoons chili garlic sauce, 1 1/2 teaspoons sugar, 1 teaspoon sesame oil, 2 teaspoons cornstarch

Mongolian-Style Sauce : 1/4 cup of cornstarch, 3 teaspoons of canola oil, 1/2 teaspoon of grated ginger (about 1/2 inch piece), 2 -3 large cloves garlic, 1/2 cup of water or broth, 1/2 cup of soy sauce, 1/2 cup brown sugar, 1/2 teaspoon of red pepper flakes.

\* A note about broth: broth or stock can be home made or store bought. In general any broth can be used including vegetable, chicken, beef or lamb depending on what you prefer. If you do not have stock available, water can be used in which case you find that you need more seasonings.

\* A note about Cornstarch: to avoid creating lumps, never add cornstarch directly to your sauce. Instead, place dry cornstarch in a small bowl or measuring cup and add a small amount of one of the liquids you will be using in the sauce to make a paste. Once the cornstarch is moistened in this way, it can be added to the sauce without making lumps.