



Stir Fry

You asked for it. Last month when we asked for recipe ideas for our next session, you suggested that we do a session all about stir fry...specifically stir fry sauces. So, be careful what you ask for because once you go down this road, it's hard to come back. We're going to start with a basic recipe (soy sauce, sesame oil and powder (cornstarch, rice flour, or regular flour). Stir fry is about building flavors, understanding what each ingredient needs in order to stand out and fit in with the overall dish. It's as simple or

complicated as you make it and it's a great way to introduce vegetables you're not familiar with to your regular menu. Tonight we're going to take the snap peas, zucchini, carrots, onion and cabbage in your vegetable bags and pull together a chicken and a meatless stir fry that can be used

Stir Fry Universal Sauce

Ingredients:

- 1/3 cup soy sauce or tamari
- 1/4 cup sesame oil
- 1 Tbsp cornstarch

*fresh chopped garlic and ginger in every recipe

Preparation

- Place all ingredients in a jar and shake it

It almost seems too easy, right? Here's the thing: once you are comfortable with the basics of almost any technique, then you can go almost anywhere with it. Want it sweeter? Add honey. Like a little heat? Add chili powder or sauce. Noodles or rice? Done.

Not-Beef Stir Fry with Cabbage

- 1-2 Tbsp neutral cooking oil *see master recipe
- 1/2 lb. tempeh, crumbled
- 1/2 head green cabbage, sliced thin
- 2 carrots, trimmed as bite-sized chunks
- 3 green onions (green parts only), trimmed to 1 inch pieces
- 2 cloves garlic, minced
- 1 Tbsp fresh grated ginger
- Cooked brown rice

Sauce

- 1 recipe basic stir fry sauce
- 1 Tbsp sriracha
- 1/2 Tbsp honey or brown sugar

Chicken Stir Fry with Zucchini Noodles

- 1-2 tablespoons cooking oil *see master recipe
- 8 ounces boneless, skinless chicken breast cut into 1/4" thick pieces
- 2 cloves garlic, minced
- 1 Tbsp fresh grated ginger
- 1 bell pepper, thinly sliced
- 2 medium zucchinis, trimmed to matchsticks or noodles
- 1 onion, thinly sliced
- 1/4 cup diced scallions (green parts only) to garnish

Sauce

- 1 recipe basic stir fry sauce
- 1 Tbsp sriracha
- 1tsp fish sauce
- 1/2 Tbsp honey or brown sugar

Master Recipe:

Stir fry is just what its name indicates, almost constant stirring and tossing of ingredients in an extremely hot pan. You might think that 2 tablespoons of oil for 4 servings isn't very much but high heat cooking doesn't stick if you keep everything moving all the time. So, make sure everything is chopped in advance and you're ready to add things in order all the way through the sauce.

- Heat a wok or skillet over high heat. Once the pan is hot, add half of the oil and swirl to coat the pan. Add the protein (if using), season with salt and pepper and cook 2-3 minutes or until fully cooked. Transfer the protein to a plate
- Add onions and any peppers included in the recipe. Stir and cook for 2 minutes.
- Add any other vegetables (zucchini, carrots, broccoli, mushrooms, etc...) and cook for 2 minutes, stirring. Add in garlic and ginger (garlic and ginger can burn, which is why these get added as one of the last steps), season whole pan with salt and stir fry for 1 minute until aromatic.
- Return protein to pan and stir to incorporate. Make a well in the center of the pan and pour in sauce mixture. Because your pan is hot, it will start to bubble and thicken almost immediately. Once it's thick, stir in the balance of the ingredients to fully coat.
- Serve with cooked rice or soba noodles.

Fried Rice is just stir fry using leftover, cold rice. If you're making the universal sauce, just omit the cornstarch because rather than coating the vegetables, you're trying to season all the rice and vegetables so a thick sauce will just feel gloopy with the rice. Do exactly the same order as the master recipe but at the end of the vegetables and before you add the protein back into the pan, move your other ingredients out of the center, stir in a whole, whisked egg and let it cook for about 30 seconds before you start breaking it up. Use the edge of your stirring spatula or spoon or a sharp knife to cut the egg into ribbons. Add the cold rice and then the sauce and stir it all together.