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Spice it up with stir fry

By Lori Gysel & Gerry Kentner
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What's Cookin

Happy New Year! As we enter the inevitable post-holiday months, filled with new year's resolutions, best intentions and thoughts of a healthier year ahead, Gerry and I thought a stir fry was in order! I'm not sure about you, but I tend to buy a lot of the same fruits and veggies every week. But by incorporating even one more interesting veggie into the recipe (baby bok choy,) the whole dish seems more appealing.

Stir fries are a great, inexpensive, quick week-night supper. Use them as the main course, or as a side dish. There are only a few main components:

1. Choose a protein.
2. If you are using meat, tofu or eggs, cook them in the wok in oil first, then remove from the

pan and set aside. Cook the rest of the stir fry, then add the protein back in.

3. Blanch any of the really dense veggies in boiling water first, then add them to the stir fry partially cooked.

4. Choose any veggies you like.

5. Don't forget the garlic and ginger and lots of it.

6. Always finish with a sauce.

7. Consider finishing off the stir fry with a quick squeeze of fresh lime juice.

8. Serve over rice but consider making the rice with broth, not water, just to add a bit more flavor. Have fun and keep cooking!

Vegetable Stir Fry

INGREDIENTS

- 2 tbsp vegetable oil
- 1 carrot, cut into sticks
- 2 stalks celery, cut into sticks
- 1 red onion, sliced
- ½ cup chicken broth
- 6 baby bok choy, cut in half
- Handful green beans, trimmed
- ½ green pepper, sliced
- Handful mushrooms, cut in half
- Handful cauliflower pieces
- 2 cups bean sprouts

SAUCE INGREDIENTS

- 3 cloves garlic, finely minced
- 2 piece fresh ginger, finely minced
- ¼ cup soy sauce
- ¼ cup water
- 2 tsp. cornstarch
- 1 tsp. sriracha sauce (or sambal olek or other

hot sauce)

1 tbsp. sesame oil

METHOD

1. Blanch cauliflower pieces in boiling water for about two minutes, until partially cooked, then refresh in cold water. Repeat for green beans.

2. Heat oil in a large wok or fry pan.

3. Add carrot, celery and onion. Cook until onion is translucent. Add chicken broth, baby bok choy, green beans, green pepper, mushrooms and cauliflower. Put lid on pan. Cook until vegetables are heated through and tender and liquid has mostly evaporated. Remove lid from pan.

4. Add bean sprouts, garlic and ginger. Cook until bean sprouts are tender (a minute or two).

5. Meanwhile, mix soy sauce, water, corn starch, sesame oil and hot sauce together.

6. Add sauce to vegetable mixture and stir fry until all vegetables are coated and tender and sauce has thickened.

7. Serve over rice.

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