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Stir-Fry Veggies

Adapted from Cook's Illustrated

Servings 4

2 Tbs vegetable oil (canola, safflower, or peanut oil)

1 recipe stir-fry sauce

2 ½ pounds prepared vegetables, cut into small pieces and divided into batches based on cooking times *See veggie options

½ cup cilantro, chopped roughly

Serve over vegetable stir-fry or store in the refrigerator.

Have all stir-fry ingredients cut and placed in small bowls in the order that they will be cooked.

All-Purpose Stir-Fry Sauce

By Martin Yan

Makes 2 cups

2/3 cup low sodium soy sauce

½ cup chicken broth or water

1/3 cup Chinese rice wine or dry sherry

3 ½ Tbs honey or sugar

1 Tbs sesame oil

1 tsp chili garlic sauce or ½ tsp crushed red pepper

3 Tbs cooking oil

4 garlic cloves, minced

2-inch piece of fresh ginger, chopped fine

1 ½ Tbs cornstarch mixed with 2 Tbs water

1. Prepare sauce ingredients according to recipe and set aside.
2. Stir-fry vegetables
Add 2 tbs of oil to pan and heat pan over high heat until oil is shimmering. Add longer-cooking vegetables (onions, carrots) and cook, stirring occasionally, until crisp-tender, 3 to 5 minutes. If using broccoli, add to skillet with 1/3 cup water, cover, and steam over high heat for about 2 minutes; uncover. Add faster-cooking vegetables (snow peas) and cook until vegetables are crisp-tender, 30-60 seconds.
3. Pour 1 cup sauce over cooked vegetables. Add more if you like. Add chopped cilantro. Serve immediately.

1. Combine the soy sauce, chicken broth, rice wine, honey, sesame oil, and chili sauce in a small bowl.
2. Heat a saucepan with the cooking oil over medium heat. Add the garlic and ginger and cook stirring for about 20 seconds.
3. Add the soy sauce mixture and bring to a boil, reduce to a simmer and cook for 2-3 minutes. Add the cornstarch mixture while stirring and cook until thickened.

*Veggie options in order of cooking:

Carrots, Yellow/white onion, red pepper, bok choy, mushrooms, broccoli, summer squash, snow peas, soy bean sprouts

Additions: Cubed extra-firm tofu, cooked chicken, pork, or beef slices. If adding poultry or meat, slice thin and sear separately before you stir-fry vegetables. Set cooked meat aside and add to vegetables after they are cooked. Finish with sauce.