



Sustainable Solano
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE

Stir Fry with Scallion-Ginger Sauce

Meat / Protein: Combine the 3 items below and set aside.

- $\frac{3}{4}$ - 1 pound firm tofu or lean meat/seafood (you can use cooked & shredded rotisserie chicken too!)
- 1 T. soy sauce or Tamari (low sodium is ok), or Coconut Aminos
- 1 T. dry sherry (or substitute rice wine vinegar, apple cider vinegar, or apple cider)

Sauce: Combine all ingredients below into a bowl and set aside.

- 3 T. soy sauce (low sodium is ok)
- $\frac{1}{2}$ t. sugar
- 1 T. dry sherry
- 2 T. minced fresh ginger
- 1 T. minced garlic cloves
- 3 scallions, white part minced (save green part for garnish)
- 2 T. low-sodium chicken or vegetable broth

Veggies: (you should have around a total of 1 $\frac{1}{2}$ lbs.)

Prep vegetables into batches, according to ingredient list below (keep them in their groups—for example keep the carrots, onion and broccoli together). Cut into uniformly-sized pieces.

Group 1: 2 large carrots, sliced (8 oz.)
 $\frac{1}{2}$ onion, sliced (4 oz)
 $\frac{1}{2}$ head broccoli (4-5 oz), cut into florets

Group 2: 4 to 5 oz (about $\frac{1}{4}$ head) cabbage, chopped
 4 to 5 oz. shiitake or other mushrooms, sliced

Group 3: A couple handfuls of spinach or other cooking green (i.e. Bok choy)

2 – 4 T. canola / peanut / avocado oil

Instructions:

Get all ingredients near the stove – this next part goes fast!

- 1) Heat a large, nonstick skillet over high heat for about 1 minute. Add 2 T. oil and carefully swirl to coat the pan.
- 2) If using raw meat/seafood, **drain meat/tofu** and sear until just done (1-3 minutes, depending on meat). Spoon meat/tofu out of pan to bowl or plate; cover with foil or a plate to keep warm.
- 3) Add “Group 1” veggies and stir-fry for 5 minutes.
- 4) Add “Group 2” veggies and stir-fry for 3-4 more minutes (you may need to also add a little more oil if it’s dry).
- 5) Add “Group 3” veggies and stir-fry for 2-3 minutes, or until greens are wilted.
- 6) When veggies are crisp tender, add cooked meat/tofu to the pan and stir to combine, about 1 minute.
- 7) Add the sauce. Stir-fry to coat all ingredients, about 1 minute.
- 8) Garnish with scallion greens and serve over rice.

To cook basmati or jasmine rice:

The ration of rice to liquid is roughly 1:1 ½. (So, 1 cup rice + 1 ½ cups water or broth. Combine rice and liquid in a medium saucepan. Add a pinch of salt if desired. Bring to a boil, cover, reduce heat to low and cook for about 15 minutes. Turn off heat and let it steam for 3-4 minutes. Rice is done when tender and you will also see “steam holes” on the top. (Chef’s Note: long grain rice and other varieties can have a ratio of 1:2, so check package directions before cooking.)

Serves 4-5.

Recipe adapted from *Cook’s Illustrated* and www.eatfresh.org

Buy local! Get produce for this recipe from small Solano County farms.
Visit <http://sustainablesolano.org/local-food/> for resources and information.