

Karen's Stir Fry Recipe
(a la Dina)
Serves 4

Ingredients

- Beef or chicken, cubed into bite size pieces – about 1 pound.
- Vegetables – also in bite size pieces – any combination of broccoli, carrots (bias sliced or shredded), string beans, snowpeas (not sliced obviously). About double the amount of meat.
- Sliced mushrooms – about 1 small package: more or less depending on taste
- 1 Tablespoon cornstarch
- 1 ½ teaspoon sugar
- 1 ½ teaspoon salt
- 6 Tablespoons (low salt) soy sauce
- 6 Tablespoons dry sherry
- Stir Fry Oil – garlic flavored (or regular cooking oil)
- Mongolian Fire Oil (optional)
- Hot, cooked rice

Directions

1. Make rice in rice cooker.
2. Slice vegetables into bite-size pieces (except snow peas). Rinse, put in microwaveable bowl with lid, add a bit of water and microwave (or steam) for about 2 minutes, just to soften. Drain and keep warm/covered so they continue to cook a bit.
3. Slice beef or chicken into bite size cubes and set aside
4. In small bowl blend together cornstarch, salt, and sugar. Add soy sauce and sherry, whisk/mix and set aside.
5. Add about 1 Tablespoon of Stir Fry Oil into wok. When hot, add vegetables and stir fry on high heat for about 2 minutes until crisp-tender. Remove vegetables and store on paper towel/plate.
6. Add more oil to wok and once VERY HOT, add the beef or chicken, taking care not to overcrowd – you might need to do in 2 batches. Stir fry on high heat for about 2 minutes to sear the meat on all sides – do NOT overcook. Goal is to sear the meat on high heat (not cook it through just yet) to keep from getting tough.
7. Return all meat to wok if cooked in 2 batches
8. Return all vegetables to wok and mix in with meat
9. Add sliced mushroom and mix in well with meat and vegetables
10. Stir the soy sauce mixture and add to wok
11. Stir and cook until the sauce is well mixed in with meat/veg and starts to thicken
12. Cover and cook for 1 minute more
13. Serve over rice