

Stir-Fried Chinese Broccoli

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 15 minutes

Step 1: Preparing Your Mise en Place

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| <ul style="list-style-type: none">• 12 oz Chinese broccoli• 2 tbsp Shao Hsing rice wine (or dry sherry)• 2 tsp soy sauce• 3 slices fresh ginger• 3 garlic cloves• 1 tsp granulated sugar• 1/2 tsp sea salt | <p>Trim the ends of the Chinese broccoli. Wash and spin dry. If the stalks are thicker than about 1/2" -inch, split them down the middle lengthwise. Cut the stalks and leaves into 2" -inch pieces (place the stalks and the leaves into separate mise en place bowls). Set aside.</p> <p>Smash the ginger slices and garlic cloves to slightly break up.</p> <p>Mix the rice wine and soy sauce together. Gather the granulated sugar and salt. Set everything aside.</p> |
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Step 2: Stir-Frying the Dish

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| <ul style="list-style-type: none">• 1 tbsp peanut oil | <p>To stir-fry the dish, line the ingredients up in the proper cooking order. Heat a wok over high heat. Once hot, cook the stir-fry according to the basic steps in the lesson.</p> <p>Stir-fry ginger and garlic for about 10 seconds — add the stalks — add the leaves — rice wine & soy sauce mixture — season with sugar and salt and stir-fry just until tender but crisp. Serve immediately.</p> |
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