

Stir-Fry

Servings: 4

Source: Mark Bittman - New York Times

Ingredients

- 2 tbsp vegetable oil
- 2 tbsp minced garlic
- 1 tbsp minced fresh ginger
- 4 scallions, chopped
- 1 lb. broccoli, trimmed, bite-size pieces
- 8 oz button mushrooms, cleaned, trimmed and sliced
- salt
- 8 oz boneless, skinless chicken, cut into ½-¾" pieces
- 2 tbsp soy sauce
- freshly ground black pepper

Method

1. Put a large, deep skillet over medium-high heat. When it's hot, add half the oil, swirl it around, and immediately add half the garlic and ginger.
2. Cook for 15 seconds, stirring, then add the broccoli, mushrooms and all but a sprinkling of the scallions.
3. Raise heat to high, and cook, stirring, until mushrooms release their water and broccoli is bright green and beginning to brown, 3 to 5 minutes.
4. Sprinkle with salt; add 1 cup water. Stir and cook until almost all liquid evaporates and broccoli is almost tender, another minute or two more, then transfer everything to a plate.
5. Turn heat to medium, add remaining oil, then remaining garlic and ginger.
6. Stir, then add chicken and turn heat to high. Cook, stirring occasionally, until chicken has lost its pink color, 3 to 5 minutes.
7. Turn heat to medium. Return broccoli and juices to the pan, and stir. Add the soy sauce, sprinkle with more salt and some pepper; add a little more water if mixture is dry.
8. Raise heat to high and cook, stirring occasionally, until liquid is reduced slightly and you've scraped up all the bits of chicken. Taste and adjust seasoning, garnish with remaining scallion and serve.

Notes

You can use just about any meat, fish or veggie for this recipe, beef, fish, tofu etc.. cabbage, cauliflower, asparagus, green beans, snow peas.....

Use fish sauce instead of soy and finish with squeeze of lime for Southeast Asian flavor.

Olive oil, skip the ginger, use onion instead of scallion and substitute 1 tbsp chopped rosemary or thyme to give Mediterranean flavor.

Use coconut milk instead of stock; 1 tbsp curry powder instead of soy sauce for Indian flavor.