



Cooking With Kalota

Classic Stir Fry

This eastern inspired dish has countless variations. It's best to cook this in a wok so the heat is evenly distributed and the vegetables don't become "mushy". Eastern flavors like soy sauce, garlic, and ginger add a lot of flavor – kick up the intensity by adding spicy peppers and/or chilies. Serves 4 people.

- 1 tbsp peanut or sunflower oil
- 1 breasts chicken, sliced
- 4 garlic cloves, minced
- 1 tbsp fresh ginger, minced
- 1/2 tsp Sambal (chili paste) *optional
- 1/2 broccoli head, chopped
- 1 head of baby bok choy, chopped
- 1 carrot, julienned
- 2 tbsp soy sauce
- 1/2 c. rice

Directions:

In a medium size pot,

1. Add rice, water, a pinch of salt, and about 1 tsp oil.
2. Simmer on medium low heat until water is absorbed. Take the pot off the heat, cover, and let steam.

In a wok or large (and deep) sauté pan,

1. Heat the oil.
2. Add the chicken and sprinkle with salt and pepper.
3. Make sure the heat is on medium high so you get a good brown color on both sides of the chicken but make sure not to burn it. Toss and stir often until the chicken is cooked through.
4. Lower heat and make a well in the center of the pan. Add the garlic, ginger, and chili paste.
5. Make sure the garlic is not burning and stir a bit until it turns a pale yellow color (should only take a few seconds).
6. Add the broccoli, bok choy, and carrots and toss well.
7. Add the soy sauce and let vegetables cook until they turn a vibrant color but do not let them cook down. The point of this dish is crispy and flavorful vegetables, not mushy ones.
8. Taste for salt and pepper and more soy sauce. When vegetables are fully heated and the salt is at the right level, turn off the heat.
9. Plate rice on a bowl. Add the stir fry on top and serve.

Cooking With Kalota
Created for Our Kitchen Table

Daniela Mancinelli Abel chefdanielaabel@gmail.com

