VEGETABLE STIR-FRY

Number of servings: 5

Ingredients:
1 pound lean meat
1 medium head (approximately 1 ½ lbs) won bok cabbage

Sauce:
1 clove garlic
1 thumb size piece ginger
1 tablespoon soy sauce
1 teaspoon cornstarch
½ teaspoon sugar

Directions:
1. SLICE meat into thin strips. SET aside.
2. CRUSH garlic and ginger for sauce.
3. In a small bowl, COMBINE sauce ingredients: garlic, ginger, soy sauce, cornstarch, and sugar.
4. MARINATE meat in above sauce for about 15-20 minutes.
5. CUT cabbage into 1-2 inch lengths.
6. In a large pan or wok, STIR FRY meat.
7. ADD vegetables and STIR FRY for a few minutes.
Variations:
Other fresh or frozen vegetables may be used.
Sauce variations may be added to vegetable stir-fry during cooking.

Sauce Variations:
ADOBO: 1 clove garlic (minced), ¼ cup white vinegar, 
¼ teaspoon black peppercorns (cracked or freshly ground), 2 tablespoons soy sauce, ¼ teaspoon salt, 
1 bay leaf (break into 3 pieces).

KALBI: ¼ cup soy sauce, 1 tablespoon honey*, 1 
tablespoon sugar, 1 teaspoon sesame seeds (roasted and 
ground), 1 teaspoon sesame oil, 1 clove garlic 
(minced), 1 tablespoon green onions (minced). 
*Kalbi sauce may be consumed by persons over 2 years of age because of presence of honey.

HOT GARLIC: ¼ teaspoon dried red chili pepper flakes, 
2 teaspoons ginger (minced), 2 cloves garlic 
(minced), 2 teaspoons sugar, 2 teaspoons 
cornstarch, 1 tablespoon white vinegar, ¼ cup 
water.

OYSTER: 1 clove garlic (minced), 2 tablespoons green onions (minced), 1 tablespoon cornstarch, 1 
tablespoon sugar, 1 teaspoon soy sauce, ¼ cup oyster sauce.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.
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