



Master Stir-Fry

YIELD: Serves 4

Stir-fries give you a lot of knife practice because most of the work happens at the cutting board rather than the stovetop. Have everything prepped before you heat the oil and set out your ingredients in the order that you’re going to use them so you won’t have to hunt around for the minced garlic when it’s time to add it to the pan.

PREPARATION METHOD

Marinate the protein:

1. Toss the chicken (or beef, shrimp, or tofu) with the mirin and soy sauce in a medium bowl.

Make the stir-fry sauce:

1. Meanwhile, whisk together the mirin, chicken stock, oyster sauce, soy sauce, chile paste, sesame oil, garlic, cornstarch, and sugar in another medium bowl.

Make the stir-fry:

1. Heat 1 tablespoon of the oil in a large skillet over high heat until shimmering and wisps of smoke rise from the oil.
2. Add half of the protein and cook, stirring often, until lightly browned, about 2 minutes, then transfer to a plate.
3. Repeat with the remaining protein.
4. Add 1 tablespoon of the oil to the pan and, once it shimmers, add the carrots, broccoli, and ¼ cup water.
5. Cover and cook until the broccoli is bright green, about 1 minute.
6. Uncover and cook, stirring constantly, for 1 minute.
7. Using a spatula, push the carrots and broccoli to the edge of the pan.
8. Add the bok choy ribs and the onion to the center of the pan and cook, stirring often, for 1 to 2 minutes.
9. Push the bok choy ribs and the onion to the edge of the pan.
10. Add the bok choy leaves and snow peas to the center of the pan and cook, stirring often, for 1 minute.
11. Push the bok choy leaves and snow peas to the edge of the pan.
12. Add the remaining 1 tablespoon oil, the garlic, and ginger to the center of the pan and cook until fragrant, 30 to 45 seconds.
13. Stir the garlic and ginger into the vegetable mixture until combined.
14. Return the protein to the pan and toss to combine.
15. Pour the sauce around the edge of the pan and toss to combine.

Pro Tip:

1. By cutting vegetables on the bias, you expose more surface area to the heat so it cooks faster.

INGREDIENTS

STIR-FRY

1 pound boneless, skinless chicken, sirloin steak tips, peeled and deveined shrimp, or extra-firm tofu, cut into bite-sized pieces

1 tablespoon mirin1 tablespoon soy sauce

3 tablespoons peanut or vegetable oil2 large carrots, cut

¼-inch thick on the bias

1 small head broccoli, florets cut into bite-sized pieces, stems peeled and thinly sliced

4 baby bok choy, ribs thinly sliced, leaves roughly chopped

1 small yellow onion, quartered and sliced

¼ pound snow peas, ends and strings removed

1 tablespoon minced garlic

1 tablespoon minced fresh ginger

Cooked rice, for serving¼ pound bean sprouts

STIR-FRY SAUCE

3 tablespoons mirin or dry sherry

3 tablespoons store-bought or homemade chicken stock or vegetable broth

2 tablespoons oyster sauce

2 tablespoons soy sauce

1 tablespoon Asian chile paste or Sriracha sauce

1 tablespoon toasted sesame oil

2 teaspoons minced garlic

½ teaspoon cornstarch

½ teaspoon sugar