

Stir Fry

(Fills a whole wok)

1 Bok Choy or 3 baby Bok Choys

4 stalks celery, sliced

1 or 2 onions, sliced into large pieces

1 large carrot, sliced like nickels

1 bell pepper, sliced into large pieces

1 (at least) Cup mushrooms, sliced in half or quarters depending how big they are

1 (at least) Cup bean sprouts

Handful of snow peas

Small head of broccoli, broken into thumb-sized florets and parboiled.

½ jar Thai style Garlic-Chile sauce, such as Sun Luk or Kikkomann

Olive oil or sesame oil for sautéing

Optional:

1 leek, sliced and washed

Meat, e.g., chicken cut up into bite-sized pieces

Other veggies, e.g., chopped Swiss Chard

Depending on the size of your wok or fry pan, this may overflow once it all gets added together, so it might be better to use a soup pot such as a 6 quart at the final combining.

Slice the meaty white part of the Bok Choy and the leafy part and keep separate. (Leafy stuff cooks different than meaty stuff) Sauté celery, onion, carrot, leek (if used) and pepper and reserve. Sauté the mushrooms and reserve. Sauté the meat, if using, and reserve. Sauté the white part of the Bok Choy and when it gets a little soft add everything else, except the sprouts. Cook until it's all a little soft (should always remain a little crunchy) and remove from heat to drain off the water. Return to wok/pot/heat and add the sprouts. When it all is as cooked as you want it (should still be crunchy), add the sauce, mix well and leave it on the heat for another couple of minutes. Ready to serve. Refrigerate leftovers and use for the rest of the week. Meat makes it a meal. No meat makes it a side.

Note, the leafy stuff and the sprouts don't need a lot of cooking so add last. Slice the leafy stuff to a size you like for texture. I make them about 3 inch "square". I cut the onions into 2 or 3 wide slices and cut each slice into quarters.

