

## Stir-fried Vegetables - Easy way to eat more greens!

Stir-fry dishes can contain any number of ingredients and combinations of flavors, united by the sauce and the natural sweetness of vegetables. There are many simple stir fry dishes which require little preparation and the cooking time is fast. Stir-fry is an excellent way to preserve the nutrients and enhance the taste of vegetables. You will never eat the same dish twice. Variations are a delightful adventure.

Once you learn the rhythm of cooking this way, stir-fry is easy and provides an endless variety of tastes. You can use the equipment you already have at home now to get started.

A general guideline shows you the rhythm of this cooking technique. The result is wonderful!

1. Cut vegetables to a uniform size so that they cook evenly together.
2. Cut aromatics such as; fresh ginger, garlic, hot peppers finely to distribute throughout the dish.
3. Make the sauce in a small bowl to have it ready to add.
4. Prepare your work space; Set bowls of vegetables, aromatics and sauce near your stove. Have a small bowl of water handy.
5. Heat the wok or 12-inch heavy bottomed fry pan: Turn on the burner to its highest heat, electric or gas. Place you pan on the burner; after 30 seconds, start to determine when the wok is ready by flicking droplets of water from the small bowl into the pan. As soon as a bead of water evaporates within 1-2 seconds, it is ready for stir frying.
6. Pull wok off heat and add oil. Swirl the hot oil carefully to cover bottom and sides of pan. If it smokes wildly, you have overheated the pan. Remove it from heat and allow to cool a few minutes. Carefully remove oil with paper towels and start over.
7. Add the aromatics, stir fry with your spatula for 10 seconds or until fragrant.
8. Add the vegetables. Push the aromatics away from hottest part of pan so they do not burn. Season with salt and pepper.
9. Set a timer for 2 minutes. This gives a rough ideal of how long this will cook. Should be about 2-2 1/2 minutes.
10. Stir fry for 1 minute.
11. Add the sauce around and down the sides of the pan instead of directly in the center. Stir fry and toss to coat the vegetables
12. Cover and cook for 15 seconds.
13. Uncover and stir fry another 30-60 seconds or until vegetables are crisp-tender and bright green.

For some, our market demonstration today will be a start of a new skill. There are also videos available on the internet and local community classes available through Salem Hospital's Community Health Education Center (CHEC) that teach the technique. For others, learning about Asian flavors may add a new dimension to your own stir fry dishes.

### Resources:

Look under the COMMUNITY tab on the [www.salemsaturdaymarket.com](http://www.salemsaturdaymarket.com) website for "Market Fresh Recipes" which will provide you with copies of this handout and other resources used in the preparation of this demonstration. You can download to go directly to these links:

[www.thekitchn.com](http://www.thekitchn.com) How to steam vegetables; Eight Ways to Make Steamed Vegetables Taste Amazing, How to Stir-Fry Vegetables. Complete with videos.

[www.webmd.com/food-recipes](http://www.webmd.com/food-recipes) , article "13 Easy Ways to Eat More Greens", Soups, salads, sautés, wraps, etc. How to Stir-Fry Vegetables. Complete with videos. "Ginger Broccoli" recipe. Persephone Farms, recipes available at booth at Salem Saturday Market.

## **Ginger Broccoli**

### **Ingredients:**

1 tablespoon canola oil

Aromatics:

2 tablespoons minced garlic

4 teaspoons minced fresh ginger

1 pound broccoli crowns

Sauce:

3 tablespoons water

1 tablespoon fish sauce

1 tablespoon rice vinegar

### **Instructions:**

Heat oil in a large skillet over medium-high heat. Add garlic and ginger and cook until fragrant but not browned, 30 seconds to 1 minute. Add broccoli and cook, stirring, until the broccoli is bright green, 2 minutes. Drizzle water and fish sauce over the broccoli; reduce heat to medium, cover and cook until the broccoli is just tender, about 3 minutes. Stir in vinegar just before serving.

Note: Fish sauce is a pungent Southeast Asian condiment made from salted, fermented fish. Find it in the Asian section of large supermarkets and in Asian specialty markets. We use Thai Kitchen fish sauce, lower in sodium than other brands (1,190 mg per tablespoon), in our recipe testing and nutritional analyses.

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For more recipes go to [EatingWell.com](http://EatingWell.com)

## **Kale Chips**

### **Ingredients:**

1 large bunch kale, tough stems removed, leaves torn into pieces (about 16 cups; see Note)

1 tablespoon extra-virgin olive oil

1/4 teaspoon salt

### **Instructions:**

1. Position racks in upper third and center of oven; preheat to 400°F.
2. If kale is wet, very thoroughly pat dry with a clean kitchen towel; transfer to a large bowl. Drizzle the kale with oil and sprinkle with salt. Using your hands, massage the oil and salt onto the kale leaves to evenly coat. Fill 2 large rimmed baking sheets with a layer of kale, making sure the leaves don't overlap. (If the kale won't all fit, make the chips in batches.)
3. Bake until most leaves are crisp, switching the pans back to front and top to bottom halfway through, 8 to 12 minutes total. (If baking a batch on just one sheet, start checking after 8 minutes to prevent burning.)

Note: Choose organic kale when possible. Nonorganic can have high pesticide residue.