

Vegetable Stir-Fry

Ingredients

1/3 cup water (or chicken stock)
1 tablespoon Shaoxing wine
2 teaspoons oyster sauce (or vegetarian oyster sauce)
1/4 teaspoon salt
1/4 teaspoon sugar
1/4 teaspoon sesame oil
1 pinch ground white pepper
2 tablespoons vegetable oil
4 slices ginger
1 cup sliced mushrooms (button, baby bella, oyster, or shiitake 1 cup = about 3 ounces/85g)
1 cup carrots (thinly sliced on a diagonal; 1 cup = about 1 medium carrot/100g)
1 cup celery (thinly sliced on a diagonal; 1 cup = about 2 ounces/60g)
1 cup asparagus (cut into 2-inch lengths on the diagonal; 1 cup = 40g)
1 cup bell pepper (any color; de-seeded and thinly sliced; 1 cup = about 1/2 medium bell pepper/90g)
1 cup long hot pepper (red or green, de-seeded and thinly sliced; 1 cup = about 1 long hot pepper/60g)
3 cloves garlic (minced)
2 teaspoons cornstarch (mixed into a slurry with 1 tablespoon/15 ml water)

Instructions

In a liquid measuring cup, combine the water (or chicken stock), Shaoxing wine, oyster sauce, salt, sugar, sesame oil, and white pepper.

In a wok over medium heat, add the oil and ginger. Cook until the ginger is lightly browned at the edges, and then add the mushrooms. Stir-fry for 1 to 2 minutes, until the mushrooms are tender. Add the carrot, celery, asparagus, bell pepper, and long hot pepper. Stir-fry for 1 minute, and then add the garlic and the seasoning mixture you prepared earlier. Bring the mixture to a simmer, and cook for 1 minute, until the vegetables are tender.

Combine the cornstarch and water into a slurry, and pour into the simmering sauce. Stir-fry until the vegetables are coated in sauce, with just a small amount of standing liquid.