

Stir-Fried Chinese Broccoli

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 15 minutes

Step 1: Preparing Your Mise en Place

- 12 oz Chinese broccoli
 - 2 tbsp Shao Hsing rice wine (or dry sherry)
 - 2 tsp soy sauce
 - 3 slices fresh ginger
 - 3 garlic cloves
 - 1 tsp granulated sugar
 - 1/2 tsp sea salt
- Trim the ends of the Chinese broccoli. Wash and spin dry. If the stalks are thicker than about 1/2" -inch, split them down the middle lengthwise. Cut the stalks and leaves into 2" -inch pieces (place the stalks and the leaves into separate mise en place bowls). Set aside.
- Smash the ginger slices and garlic cloves to slightly break up.
- Mix the rice wine and soy sauce together. Gather the granulated sugar and salt. Set everything aside.

Step 2: Stir-Frying the Dish

- 1 tbsp peanut oil
- To stir-fry the dish, line the ingredients up in the proper cooking order. Heat a wok over high heat. Once hot, cook the stir-fry according to the basic steps in the lesson.
- Stir-fry ginger and garlic for about 10 seconds — add the stalks — add the leaves — rice wine & soy sauce mixture — season with sugar and salt and stir-fry just until tender but crisp. Serve immediately.