

Stir-Fried Snap Peas w/ Water Chestnuts

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 20 minutes

Step 1: Preparing Your Mise en Place

- 3 cups snap peas
- 1-inch piece fresh ginger
- 5 fresh water chestnuts
- 1 tbsp Shao Hsing rice wine or dry sherry
- 1 tbsp water
- 1 tsp sea salt
- 3/4 tsp sugar
- 1/4 tsp ground white pepper

To prepare your mise en place, remove any tough strings from the snap peas. Next, slice the ginger into 3 or 4 pieces.

To prepare the water chestnuts, simply cut off the top and bottom and peel the exterior with a vegetable peeler or paring knife. Slice and set aside.

Next, mix together the rice wine, water, salt, sugar and white pepper.

Step 2: Stir-Frying the Dish

- 1 tbsp peanut or grapeseed oil
- 1 tsp sesame oil

To stir-fry the dish, line the ingredients up in the proper cooking order. Heat a wok over high heat.

Once hot, add the oil, followed by the ginger. Stir-fry just until fragrant, about 5 seconds or so, then add the snap peas and water chestnuts. Let cook for about a minute. Next add the rice wine mixture and continue to cook for another 30 to 60 seconds. The snap peas should be just tender but still bright and crisp looking.

Remove from the heat, add the sesame oil and serve immediately.