



Stir-fry with Asian Greens

Wed, 03/27/2013 - 17:35 -- Barbara Damrosch

Introduction:

A stir-fry is one of those wonderfully quick dishes you can make any time of the year, using whatever seasonal vegetables are at hand. Although the technique is Chinese in origin, you don't have to use Asian vegetables or seasonings, although they are awfully good. You don't need a wok either, or chopsticks. A large skillet and a spatula will do. When you stir-fry, you cook the ingredients briefly in a small amount of oil over fairly high heat, keeping them in constant motion. In one style of stirfrying you then add liquid and thicken it into a sauce, but I favor the simpler, lighter method that highlights the textures, flavors, and colors of the vegetables.

Preparation:

Have all the vegetables washed, trimmed, chopped, and ready to go so that you can add them quickly as you cook. The trick is to add them in a sequence that gives each one just the right amount of cooking time. Firm ones go in first, followed by the softer ones. The most fragile are added at the end and are barely warmed so that they wilt a bit but do not shrivel up altogether. Those that are best eaten raw, such as radishes, can also be tossed in at the end.

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Ingredients:

- 2 tablespoons toasted sesame oil or peanut oil
- 1 clove garlic, peeled and minced
- 1 piece (1 inch long) fresh ginger, peeled and cut into thin matchsticks

- 8 ounces snow peas (about 2 cups), strings removed if any
- 8 scallions, white parts and green tops chopped separately into 1-inch pieces
- 2 to 3 heads (about 8 ounces) baby bok choy (pac choi), white bottoms and
- green tops chopped separately into 1-inch pieces
- 6 medium-size red radishes

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