



Flash in the Pan

GINGER BEEF

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| 1/4 cup (50 mL) finely chopped fresh ginger | 1 tbsp (15 mL) hoisin sauce |
| 1 tsp (5 mL) flour | 1 tsp (5 mL) sugar |
| 2 tbsp (25 mL) oil | 1/4 tsp (1 mL) red pepper flakes |
| 1 lb (0.5 kg) sirloin steak, thinly sliced | 1/4 cup (50 mL) chopped fresh cilantro, optional |
| 3 cloves garlic, finely chopped | |
| 2 tbsp (25 mL) soy sauce | |

Place ginger in a small bowl and cover with hot water; let stand for 5 minutes. Drain ginger and thoroughly pat dry with paper towelling. Toss ginger with flour. Heat oil in a wok or large frypan over medium heat. Add ginger and stir-fry until golden. Remove ginger with a slotted spoon; set aside. Add beef to wok and stir-fry until browned, about 5 minutes. Add garlic and stir-fry for 1 minute. Stir in ginger, soy sauce, hoisin sauce, sugar and red pepper flakes. Stir-fry for 1 minute. Stir in cilantro. Serve immediately. Serves 4.

ZUCCHINI WITH GARLIC AND OREGANO

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| 2 tbsp (25 mL) oil | 3/4 tsp (3 mL) salt |
| 4 cups (1 L) sliced zucchini | 1/2 tsp (2 mL) freshly ground pepper |
| 1 clove garlic, finely chopped | 1/2 tsp (2 mL) oregano, crumbled |

Heat oil in a frypan over medium heat. Add zucchini, garlic, salt, pepper and oregano. Cook, stirring occasionally, until zucchini is tender and starting to brown, about 5 minutes. Serves 4 - 6.

CURRIED SHRIMP

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| 1 pkg (340 g) frozen raw shrimp, thawed | 1 tbsp (15 mL) curry powder |
| 1 tbsp (15 mL) olive oil | 1 can (14 oz/398 mL) coconut milk |
| 1/2 cup (125 mL) finely chopped onion | 2 tbsp (25 mL) chopped fresh cilantro |
| 1 tbsp (15 mL) grated fresh ginger | 1/4 tsp (1 mL) salt |

Peel and devein shrimp, leaving tails intact. Pat dry with paper towelling; set aside. Heat oil in a frypan over medium heat. Add onion and saute for 3 - 4 minutes. Stir in ginger and curry powder; saute for 1 minute. Stir in coconut milk. Bring to a boil; reduce heat and simmer for 5 minutes. Add shrimp and cook until shrimp are pink, about 3 - 4 minutes. Do not overcook. Stir in cilantro and salt. Serve immediately. Serves 3 - 4.

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SPICY BROCCOLINI SAUTE

1 lb (0.5 kg) broccolini, ends trimmed
1 1/2 tsp (7 mL) oil
1 clove garlic, finely chopped
1/4 tsp (1 mL) red pepper flakes
2 tbsp (25 mL) canned chicken broth

Cook broccolini in boiling water until tender crisp; drain. Cool immediately in ice water; drain. Heat oil in a wok or large frypan over medium heat. Stir in garlic and red pepper flakes; saute for 1 minute. Add broccolini and broth. Saute for 2 minutes or until broccolini is heated through. Serves 4.

***Cook's Note:** Broccolini is a tender and sweet-tasting cross between broccoli and Chinese kale. It is bright green with long, slender stalks and a head of tiny buds that resembles a miniature broccoli head. If broccolini is unavailable, broccoli may be substituted.*

SUGAR SNAP PEA SAUTE

1 tbsp (15 mL) oil
1/4 cup (50 mL) diagonally sliced green onion
1 tbsp (15 mL) grated fresh ginger
1 clove garlic, crushed
1 lb (500 g) sugar snap peas
1/4 cup (50 mL) water

Heat oil in a wok or large frypan over medium heat. Add onion, ginger and garlic; saute for 1 minute. Stir in peas and saute for 2 minutes. Add water and cook, stirring occasionally, until peas are tender crisp, about 4 minutes. Serves 6 - 8.

HONEY SOY CHICKEN BITES

2 tbsp (25 mL) soy sauce
1 tbsp (15 mL) honey
1/4 tsp (1 mL) Chinese five-spice powder
1 lb (0.5 kg) boneless skinless chicken breasts, cubed

Combine soy sauce, honey and Chinese five-spice powder in a nonstick frypan. Add chicken. Cook over medium heat, stirring occasionally, until chicken is completely cooked and sauce is sticky, about 8 - 10 minutes. Serve immediately. Makes about 40 bites.

ASPARAGUS STIR-FRY

1 lb (0.5 kg) asparagus, diagonally sliced
1 tsp (5 mL) oil
1 tsp (5 mL) grated fresh ginger, optional
2 tsp (10 mL) lemon juice
2 tbsp (25 mL) soy sauce
Salt and freshly ground pepper
1 tbsp (15 mL) sesame seed

Heat oil in a frypan over medium heat. Add asparagus; stir-fry for 2 - 3 minutes. Add ginger and cook for 2 minutes. Add lemon juice and soy sauce; cover and cook for 2 minutes. Season with salt and pepper. Sprinkle with sesame seed. Serves 4.

GINGER GLAZED CARROTS

6 cups (1.5 L) diagonally sliced carrots
1 cup (250 mL) orange juice
1/4 cup (50 mL) butter
2 tbsp (25 mL) sugar
1 1/2 tbsp (22 mL) grated fresh ginger

Combine all ingredients in a medium saucepan. Bring to a boil over medium heat. Reduce heat, cover and simmer for 3 minutes. Uncover and simmer, stirring frequently until liquid is reduced and carrots are glazed, about 10 minutes. Serves 8.