



VEGETABLE STIR-FRY

EQUIPMENT:

STOVE
SPATULA
10-14 INCH STEEL WOK
KNIFE & CUTTING BOARD

2 OZ. GRAPESEED, CANOLA OR PEANUT OIL
5 CLOVES GARLIC MINCED
2 OZ. GINGER GRATED
1 SM. SLICED BELL PEPPER

4 SLICED GREEN ONIONS
1 SM. SLICED EGGPLANT
1 SLICED YELLOW SQUASH
4OZ. HHF TAPENADE
2OZ. SOY SAUCE
10Z. RICE VINEGAR

INGREDIENTS:

METHOD: FIRST

HEAT THE WOK WITH THE OIL UNTIL THE WOK OIL BARELY STARTS TO SMOKE. ADD THE GARLIC, GINGER, AND GREEN ONIONS.

SECOND

ADD THE REST OF THE INGREDIENTS BUT DO NOT CROWD THE WOK. CUT THE RECIPE IN HALF AND MAKE TWO BATCHES IF NECESSARY. LET THE VEGETABLES SEAR IN THE WOK WHILE CONSTANTLY MOVING THE WOK AND VEGETABLES.

THIRD

AFTER THE VEGETABLES HAVE BEEN IN THE WOK FOR ABOUT TWO MINUTES, THE VEGETABLES SHOULD START TO WILT, BUT NOT BE COOKED ALL THE WAY THROUGH.

FOURTH

ADD THE REST OF THE INGREDIENTS AND STIR WELL. SERVE IMMEDIATELY AND ENJOY!