The Recipe4Living Stir Fry eCookbook
Quick & Easy Dinners That Everyone Will Love!
Letter from the Editor

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Welcome to your best source for stir fry recipes on the internet. Within this eCookbook, you will find tons of tasty stir fry recipes, including chicken, beef, and veggie dishes!

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Please enjoy your Stir Fry eCookbook!

Happy Cooking,

Maxine
Editor
www.Recipe4Living.com
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Mandarin Beef

Ginger, garlic and chili paste create a beef dish with a kick.

Ingredients

1 lb. beef boneless rounds or sirloin
1 Tbs. oil
2 tsp. cornstarch
1 tsp. salt
1 tsp. soy sauce
½ tsp. sugar
¼ tsp. white pepper
2 green pepper
¼ C. oil
1 tsp. gingerroot, peeled
1 tsp. garlic, chopped fine
¾ C. shredded carrots
1 to 2 tsp. chili paste
1 Tbs. dark soy sauce

Directions

Trim fat from beef; shred beef. Toss beef, 1 Tbs. oil, the cornstarch, salt, 1 tsp. soy sauce, the sugar and white pepper in glass or plastic bowl. Cover and refrigerate 30 minutes. Cut green onions into 2 inch pieces. Cut green pepper into 1/8 inch strips. Heat skillet until 1 to 2 drops of water bubble and skitter when sprinkled in skillet. Add ¼ C. oil and rotate skilet to coat sides. Add beef, gingerroot and garlic; stir-fry until beef is brown, about 3 minutes. Add green pepper, carrot and chili paste; stir-fry 1 minute. Stir in green onions and 1 Tbs. soy sauce; cook and stir 30 seconds.

My Recipe Notes:
Beef Stir-Fry

Make your favorite take-out at home with this easy Asian-inspired beef dish.

Ingredients

1 and 1/2 lbs. sirloin, cut into thin slices
1 tsp. five spice powder
1 - 2 Tbsp. sesame oil
2 Tbsp. vegetable oil
2 Tbsp. soy sauce
1 Tbsp. cornstarch
1/2 C. beef broth
1 tsp. red pepper flakes
1 tsp. fresh ginger, grated
2 cloves garlic, minced
1 onion, chopped
2 C. bean sprouts
1 C. snow peas

Directions

Combine sesame oil and five spice powder in a skillet or wok and heat to medium high heat, add beef and brown and remove from pan. Meanwhile, combine soy sauce, cornstarch, beef broth and red pepper flakes and set aside. Heat vegetable oil in skillet or wok and brown ginger, garlic and onion, add bean sprouts and snow peas and cook for several minutes. Add beef broth mixture and beef and heat until mixture starts to thicken. Serve with hot rice or noodles. We made this with rice noodles that we cooked in the wok after the beef.

My Recipe Notes:
Quick Beef and Vegetable Stir-Fry

Serve this super-simple, tangy stir-fry over white rice for a complete meal.

Ingredients

1 Beef; (1-lb.) top round steak, thinly sliced
1/2 C. A.1. Sweet and Tangy or Original Steak Sauce
1/4 C. Soy sauce
1 1/2 Tbs. Cornstarch
1 Tbs. Vegetable oil
1 bag (16-oz.) frozen mixed vegetables
3/4 C. Beef Broth

Directions

Mix beef, steak sauce, soy sauce and cornstarch until well coated. Drain beef, reserving steak sauce mixture. Cook and stir beef in hot oil in large skillet for 2 to 3 minutes. Add vegetables, reserved steak sauce mixture and beef broth; heat to a boil. Reduce heat, simmer 1 minute.

Serves 4.

My Recipe Notes:
Low Carb Sesame Beef

Made with Splenda, this beef dish is low carb and delicious.

Ingredients

1 lb. sirloin steak, cut into 1/8-inch strips
2 Splenda packets
3 Tbs. cooking oil, divided
2 Tbs. soy sauce
1/4 tsp. pepper
3 green onions, thinly sliced
2 garlic cloves, minced
1 Tbs. sesame seeds

Directions

Place beef in a glass bowl. Combine Splenda, 2 Tbs. oil, soy sauce, pepper, onions, garlic and sesame seeds. Pour over beef and toss to coat. Let stand 15 minutes. In skillet or wok, heat remaining oil over high heat; add beef and marinade. Stir-fry until beef is brown and has reached desired doneness. Serve immediately over rice or noodles.

Yield: 4 servings.

My Recipe Notes:
Spicy Orange Beef

Slivered orange zest, orange marmalade, and red pepper flakes add strong, hot citrus flavor to this stir-fry of round-steak strips.

Ingredients

2 Tbs. vegetable oil
1 lb. round steak, cut into thin strips on the diagonal
1/4 C. orange peel, cut into slivers
1 clove garlic, minced
1/2 tsp. ground ginger
2 Tbs. cornstarch
1 C. beef broth
1/4 C. soy sauce
1/4 C. sherry
1/4 C. orange marmalade
1/2 tsp. crushed red pepper flakes

Directions

In a wok or skillet, heat oil over medium-high heat. Add beef strips 1/3 at a time. Stir-fry for 3 minutes or until browned, removing the done pieces to a plate lined with paper towels. Return all the beef to the wok. Stir in orange peel, garlic, and ginger; stir-fry 1 minute. In a medium bowl, combine cornstarch, broth, soy sauce, sherry, marmalade, and red pepper. Pour this mixture into the beef, stirring constantly. Bring to a boil over medium heat and cook for 1 minute. Serve hot.

My Recipe Notes:
**Woo Hoo Spicy Hunan Beef**

Garnish the Hunan beef with cold cubed pineapple to contrast the spiciness of the dish.

**Ingredients**

3/4 lb. flank steak  
2 C. broccoli florets  
2 Tbs. cooking oil  
2 tsp. minced garlic  
4 small dried red chilies  
1 tsp. cornstarch dissolved in 2 tsp. water  
2 Tbs. soy sauce  
2 tsp. cornstarch  
1 Tbs. Chinese rice wine or dry sherry  
* Hunan Beef Sauce (below)

**Directions**

Thinly slice meat across the grain, about 1/8 inch thick. Combine soy sauce, cornstarch and Chinese rice wine in a bowl. Add beef and stir to coat. Let stand for 10 minutes. Combine sauce ingredients in a bowl. Boil broccoli briefly for 1-2 minutes. Drain and set aside. Heat a wok over high heat and add the 2 Tbs. of oil, then garlic and chilies. Cook and stir-fry for 10-15 seconds only. Add beef and stir-fry for 2 minutes. Return broccoli and sauce to wok and bring to a boil. Add cornstarch solution and cook, stirring, to thicken. Serve hot with chucks of cold pineapple as a great edible contrast to the spiciness of the Hunan Beef.

**Hunan Beef Sauce**

**Ingredients**

3 Tbs. Chinese black vinegar or balsamic vinegar  
1 Tbs. soy sauce  
1 Tbs. dry sherry  
2 tsp. sugar  
2 tsp. prepared chili-garlic sauce  
1 tsp. sesame oil

**Directions**

Mix all ingredients and enjoy.

**My Recipe Notes:**
Chicken

Kung Pao Chicken

In this Chinese delicacy, chicken is cooked in a brown sauce with peanuts and ginger.

Ingredients

- 12 oz boneless chicken breasts (about 3 halves)
- 1 dried red chili
- 1 1/2 Tbsp peanut oil
- 1/3-C. raw shelled peanuts
- 2 Tbsp water
- 2 Tbsp dry sherry
- 1 Tbsp soy sauce
- 1 Tbsp chili bean sauce
- 1 tsp sugar
- 2-garlic clove, minced
- 2 scallions, chopped
- 1 tsp grated ginger
- 2 tsp rice or cider vinegar
- 1 tsp sesame oil

Directions

Dice the chicken into 1-inch cubes. Heat the oil in a wok or skillet and add the chili. Add the chicken and peanuts and stir-fry until the chicken is cooked. Add the remaining ingredients, except the sesame oil and bring to a boil. Cook for a few minutes. Add the sesame oil and serve on white rice. Serves 4.

My Recipe Notes:
Quick Chicken Stir-Fry

A simple and quick way to make chicken stir fry.

Ingredients

3/4 lb. boneless, skinless chicken breasts cut into thin strips
4 Tbs. Soy Sauce, divided
2 Tbs. cornstarch, divided
2 cloves garlic, minced
1/2 tsp. ground ginger
2 Tbs. vegetable oil, divided
1 each red bell pepper and onion, sliced
1/4 lb. sliced mushrooms and snow peas Hot cooked rice

Directions

In bowl, combine chicken, 1 Tbsp. each soy sauce and cornstarch, garlic and ginger; let stand 15 minutes. Meanwhile, combine remaining 3 Tbsp. soy sauce, 1 Tbsp. cornstarch and 3/4 C. water. Heat 1 Tbsp. oil in hot wok or skillet over medium-high heat. Add chicken and stir-fry 3 minutes; remove from pan. Heat remaining 1 Tbsp. oil in same pan. Add vegetables and stir-fry 5 minutes. Stir in chicken and soy sauce mixture; stirring constantly, bring to boil and boil 1 minute. Serve over rice.

Makes 4 servings.

My Recipe Notes:
Lemon Chicken Stir-Fry

This is a light stir fry that doesn't need much sauce. The juice of the lemon provides a zesty flavor that stands alone.

Ingredients

1/4 C. sesame oil
1 lb. boneless chicken breasts cut into 1/2-inch strips
1 C. fresh broccoli florets
1 sweet onion, coarsely chopped
1 carrot, grated
1 Tbs. grated fresh ginger
1 lemon
1 8 oz. can water chestnuts, drained
Hot cooked rice or noodles

Directions

Heat oil in a large skillet or wok; stir-fry chicken for several minutes. Add fresh broccoli, onion, carrot, and ginger and cook until crisp-tender. With a zester, remove zest from lemon peel. Add lemon zest, lemon juice and water chestnuts and cook until heated through. Serve over rice noodles.

My Recipe Notes:
Rappin’ Birds

Wrapped in lettuce, this breaded garlic chicken is delicious.

Ingredients

1 tsp. cornstarch
1 tsp. soy sauce
1/2 lb. boneless, skinless chicken breast, sliced
1 Tbs. vegetable oil
Finely diced onion
2 Tbs. minced garlic
1/4 tsp. sugar
Dash salt
1 Tbs. chopped cilantro, or to taste
Julienned carrots, zucchini or other vegetables
Garnish: Commercial peanut sauce or hoisin sauce
Boston or other lettuces

Directions

Stir cornstarch and soy sauce in a medium bowl. Stir in chicken and mix well. Let stand 10 minutes. Heat a wok on high until hot. Add oil, then onion and garlic. Cook about 30 seconds. Stir-fry chicken 2 to 3 minutes. Add sugar and salt, then stir in cilantro. Serve with julienned carrots or other vegetables, hoisin and lettuce leaves. Wrap and eat.

My Recipe Notes:
Basil Chicken

If you are in the mood to cook something different then I suggest this recipe. It is a great flavor and easy to make.

Ingredients

1 lb. boneless skinless chicken breast
1 green bell pepper, seeded and sliced
1 Tbs. fish sauce
2 Tbs. fresh basil, sliced
1 jalapeno pepper, seeded
2 cloves garlic
1 onion, sliced
1 red bell pepper, seeded and sliced
1 Tbs. oil

Directions

Heat wok, add Tbs. oil and chicken. Stir-fry until chicken is almost done. Puree 2 slices onion, 2 slices bell peppers, 2 cloves garlic, and jalapeno, 1 Tbs. oil in blender or food processor. Add pureed mixture from food processor to wok. Stir for one minute. Add rest of peppers and onions. Stir-fry two minutes. Add rest of ingredients and stir-fry one minute. Soy sauce or small amount of salt can be substituted for fish sauce. Serve over steamed rice.

Yield: 4 Servings

My Recipe Notes:
Chicken and Broccoli Stir-Fry

Easy to make stir-fry that will be a big hit with whomever you make it for.

Ingredients

3/4 C. all-purpose flour
1/4 tsp. baking powder
3/4 C. water
2 Tbs. soy sauce 2 cloves garlic, flattened
1/4 C. honey
2 Tbs. soy sauce
2 Tbs. cider vinegar
2 Tbs. molasses
2 Tbs. water
2 Tbs. dry sherry
2 cloves garlic, minced 2 tsp. cornstarch
12 oz. boneless, skinless chicken breast halves
Cooking oil for deep fat frying
1 Tbs. cooking oil
3 C. broccoli flowerets

Directions

In a medium-mixing bowl stir together flour, baking powder, 3/4 C. water, 2 Tbs. soy sauce, and flattened garlic; let stand for 15 minutes. Remove and discard garlic. Meanwhile, in a small mixing bowl combine honey, 2 Tbs. soy sauce, vinegar, molasses, 2 Tbs. water, dry sherry, minced garlic, and cornstarch; set aside. Rinse chicken; pat dry. Cut chicken into 1 1/2x1/2-inch strips. Add to flour batter. In a wok or 2-quart saucepan heat 2 inches of oil to 365 degrees. Remove chicken from flour batter, allowing excess to drain off. Fry chicken strips, a few pieces at a time, in hot oil for 30-60 seconds, or until golden. Drain on paper towels. Pour 1 Tbs. cooking oil into a large skillet. (Add more oil as necessary during cooking.) Preheat over medium-high heat. Add the broccoli and stir-fry for 4-5 minutes, or until crisp-tender. Arrange broccoli around the edge of a serving platter; keep warm. Stir honey-soy mixture; add to the skillet. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Return cooked chicken to skillet; heat through. Pour chicken and sauce into center of broccoli-lined serving platter.

My Recipe Notes:
Panda Express Orange Chicken

The sweet taste of orange made in a form of a glaze to pour all over your chicken and white rice stir fry.

Ingredients

2 lb. boneless chicken pieces, skinned
1 egg
1 1/2 tsp. salt
White pepper
Oil (for frying)
1/2 C. plus 1 Tbs. cornstarch
1/4 C. flour
1 Tbs. minced ginger root
1 tsp. minced garlic
Dash crushed hot red chiles
1/4 C. chopped green onions
1 Tbs. rice wine
1/4 C. water
1/2 to 1 tsp. sesame oil

Orange Sauce for Stir Fry
2 tsp. minced zest and 1/4 C. juice from 1 large orange
1/2 tsp. granulated sugar
2 Tbs. chicken stock
1 Tbs. light soy sauce

Directions

Combine all ingredients in small bowl and set aside. Cut chicken pieces in 2-inch squares and place in large bowl. Stir in egg, salt, pepper, and 1 Tbs. oil and mix well. Stir cornstarch and flour together. Add chicken pieces, stirring to coat. Heat oil for deep-frying in wok or deep-fryer to 375 degrees F. Add chicken pieces, a small batch at time, and fry 3 to 4 minutes or until golden and crisp. (Do not overcook or chicken will be tough.) Remove chicken from oil with slotted spoon and drain on paper towels. Set aside. Clean wok and heat 15 seconds over high heat. Add 1 Tbs. oil. Add ginger and garlic and stir-fry until fragrant. Add and stir-fry crushed chiles and green onions. Add rice wine and stir 3 seconds. Add Orange Sauce and bring to boil. Add cooked chicken, stirring until well mixed. Stir water into remaining 1 Tbs. cornstarch until smooth. Add to chicken and heat until sauce is thick. Stir in 1 tsp. sesame oil. Serve at once.

Makes 6 servings.

My Recipe Notes:
Mango Chicken
This is a fantastic and flavorful meal that anyone can make. The use of fruit mixed in with hot chicken is exceptional.

Ingredients

3/4 lb. (12 oz.) skinless boneless chicken breast halves
1/2 C. chicken broth
2 tsp. lime or orange peel, finely shredded
2 Tbs. lime juice
2 tsp. brown sugar
2 tsp. curry powder
1 tsp. cornstarch
Nonstick cooking spray
1 large red onion, sliced
2 cloves garlic, minced
2 tsp. vegetable oil
2 C. mango or papaya, peeled and chopped
2 C. hot cooked rice
Lime peel, cut into thin strips, optional

Directions

Cut the chicken into bite size strips. Set aside. Put the chicken broth, shredded lime peel, lime juice, brown sugar, curry, and cornstarch in a small bowl and stir to combine. Set aside. Spray an unheated large wok or 12-inch skillet with cooking spray. Preheat over medium heat. Add the onion and garlic and stir-fry for 3 minutes, or until crisp tender. Remove from the wok and set aside. Pour the vegetable oil into the hot wok. Add the chicken and stir-fry for 2 to 3 minutes, or until the chicken is tender and no longer pink. Push the chicken to the side of the wok. Stir the sauce and pour into the center of the wok. Cook, stirring, until thickened and bubbly. Return the onion mixture to the wok. Add the mango. Stir to coat all ingredients with the sauce. Cook, stirring, for another 2 minutes, or until heated through. Serve over hot cooked rice. Garnish with strips of lime peel, if desired

My Recipe Notes:
Chicken Pad Thai

Wolfgang Puck

Serve my Pad Thai as part of a pan-Asian meal or on its own, as a simple light meal for two. Instead of the chicken I call for, use shelled and deveined fresh shrimp or strips of pork, beef or turkey. Or leave out any kind of meat and enjoy Pad Thai as a side dish with a grilled or roasted main course, Asian or Western.

Ingredients

Lime-Tamarind Sauce:
1/2 C. palm sugar, or 1/2 C. plus 2 Tbs. light brown sugar
3 Tbs. lime juice
3 Tbs. tamarind paste
1 tsp. salt
1/2 tsp. paprika

Garlic-Chili Sauce:
3 Tbs. Asian fish sauce
1 Tbs. rice vinegar
1 Tbs. water
1 Tbs. sugar
1 Tbs. minced cilantro leaves
2 tsp. minced garlic
2 tsp. minced Thai green chilies or small fresh green Mexican chilies

Noodles:
4 oz. dried rice noodles, linguine-sized
1 quart cold water
Vegetable oil or peanut oil for deep-frying
2 oz. firm tofu, well drained, cut into 1/2-inch cubes
1 Tbs. unsalted butter
1 egg, beaten with 1 tsp. milk
2 Tbs. peanut oil
1 tsp. minced green chilies
1 tsp. chopped shallots
1 tsp. minced ginger
1/2 tsp. minced lemongrass
1 kaffir lime leaf, or 2-by-1/2-inch strip lime zest
1 Tbs. chopped cilantro leaves, plus sprigs for garnish
1/2 lb. boneless skinless chicken breast, cut into 1/4-inch-thick strips
1/2 C. bean sprouts
1/4 C. thinly sliced green onion, for garnish
2 Tbs. chopped dry-roasted peanuts

You can find this recipe and more than 20,000 others at www.Recipe4Living.com. Browse our collection and submit your own favorites!
Directions

Make the Lime-Tamarind Sauce: In a small saucepan, combine the sugar, lime juice, tamarind paste, salt and paprika. Over medium-high heat, bring to a boil, stirring frequently. Continue boiling and stirring just until the sauce reduces slightly. Set aside to cool. Reserve.

Make the Garlic-Chili Sauce: In a small nonreactive bowl, stir together the fish sauce, rice vinegar, water, sugar, cilantro, garlic and chilies. Reserve.

For the Noodles, put the rice noodles in a bowl filled with the cold water and leave them just until softened, no more than a few minutes. Drain and reserve. (This can be done several hours ahead.) About 30 minutes before serving, heat about 1 inch of the vegetable oil in a medium saucepan or wok over medium-high heat. Add the tofu cubes and deep-fry until golden, 1 to 2 minutes. Remove with a slotted spoon or wire skimmer, drain on paper towels, and set aside to cool. Reserve.

In a small skillet, heat the butter over medium heat. Cook the scrambled egg until it forms soft, moist curds. Transfer to a plate and set aside to cool. Chop coarsely and reserve.

Heat a wok over high heat. Add the 2 Tbs. peanut oil. When it’s almost smoking-hot, add the chilies, shallots, ginger, lemongrass, kaffir lime, chopped cilantro and chicken; stir-fry until the chicken loses its pink color, about 2 minutes. Add the noodles, half of the bean sprouts, the fried tofu, the scrambled egg, and both sauces. Continue stir-frying until the noodles have separated, heated through, and are glazed with the sauce and mixed with the other ingredients, 1 to 2 minutes more.

Transfer the noodles to a serving plate. Top with the remaining bean sprouts, cilantro sprigs, green onions and peanuts. Serve with lime wedges to squeeze over the noodles.

Yield: 2 servings

(Chef Wolfgang Puck’s TV series, “Wolfgang Puck’s Cooking Class,” airs Sundays on the Food Network. Also, his latest cookbook, “Wolfgang Puck Makes It Easy,” is now available in bookstores. Write Wolfgang Puck in care of Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, N.Y. 14207.)
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My Recipe Notes:
Fish and Seafood

Spicy Garlic and Pepper Shrimp

Chicken, pork, beef, calamari, scallops, or tofu can easily be substituted for shrimp. This makes for a wonderful supper for yourself.

Ingredients

2 1/2 Tbs. vegetable oil
1/4 C. water
1 C. shredded cabbage
1 Tbs. minced garlic
8 large fresh shrimp, peeled and deveined
2 tsp. crushed red pepper flakes
2 Tbs. sliced onion
1 Tbs. chopped fresh cilantro
1 Tbs. soy sauce

Directions

Heat 1 Tbs. oil in a skillet over high heat. Add cabbage and 1 Tbs. water stir-fry for 30 seconds. Remove cabbage from skillet and place on a serving platter. Heat the remaining 1 1/2 Tbs. oil in the skillet over high heat. Place the garlic and shrimp in the skillet and stir until garlic is lightly browned and shrimp turns pink. Add pepper, onion, cilantro, soy sauce and remaining water to the skillet. Stir-fry for 10 seconds. Pour the hot mixture onto the cabbage.

Yield: 1 Serving.

My Recipe Notes:
Stir-Fried Sea Bass of Abundance

This yummy stir-fry with butter lettuce, green onion, and ginger cooks the fish in a snap.

Ingredients

1 head butter lettuce
1 lb. sea bass fillets
2 tsp. cornstarch
Dash of white pepper
2 Tbs. vegetable oil
1 tsp. finely chopped fresh ginger root
3 green onion with tops, cut diagonally into 1-in. pieces
1/3 C. Kikkoman Stir-Fry Sauce
2 tsp. Oriental sesame oil

Directions

Clean, dry and shred lettuce leaves; set aside. Pat fish dry with paper towels. Cut fish into 2-in. pieces, about 1/2-in. thick. Toss fish, cornstarch and white pepper in medium bowl. Heat wok until very hot. Add vegetable oil; tilt wok to coat sides. Add fish and ginger; stir-fry gently 2 minutes, or until fish turns white. Add green onions, stir-fry sauce and sesame oil and stir-fry until all pieces are evenly coated with sauce. Place lettuce on platter and spoon fish on top. Serve immediately.

My Recipe Notes:
Noodles

Beef and Vegetable Rice Noodles

If you can't get bok choy, use a packet of mange tout, briefly blanched, instead.

Ingredients

- 250g packet medium rice noodles
- 500g thin beef frying steaks
- 1 Tbs. vegetable oil
- Bunch spring onions, trimmed and sliced diagonally
- 150g bean sprouts
- 3 medium bok choy, quartered lengthways
- 50g dry-roasted peanuts, chopped
- 3 Tbs. dark soy sauce, plus extra to serve
- Small handful fresh coriander leaves, to garnish

Directions

Put the noodles into a large, flat dish and cover with boiling water. Set aside for 2 minutes to soften, then drain and rinse under cold running water. Leave in cold water to prevent sticking. Season the steaks. Heat a large wok or frying pan and sear for 1-2 minutes, so they're still pink in the middle. Rest them for 5 minutes, then slice. Drain the noodles. Heat the oil in the wok and stir-fry the spring onions, beans sprouts and bok choy for 2-3 minutes. Toss in the noodles and most of the peanuts. Drizzle with soy sauce and stir-fry for 1 minute to heat through. Season to taste. Divide the noodles between 4 bowls. Top with the beef, the remaining peanuts, coriander leaves and soy sauce, if you like.

My Recipe Notes:
Mandarin Noodles with Sautéed Tenderloin and Vegetables

Wolfgang Puck

An old Asian tradition holds that eating long noodles helps ensure that you live a long — and presumably happy — life. With the Western world’s New Year just a few days away, it seems to me a good idea to eat Eastern-style noodles as the year turns (and, of course, you can hang onto the recipe for the Chinese New Year, less than two months away!

I recommend noodles not just out of superstition. A big bowl of them tossed with meat and vegetables makes a great casual dish to serve for your New Year’s Eve dinner. It’s quick and economical to prepare, beautiful to present, and fun and delicious to eat — a perfect celebration food.

Ingredients

4 oz. dried Chinese egg noodles
1 Tbs. peanut oil or vegetable oil
3 Tbs. unsalted butter
6 oz. tenderloin steak, cut into thin strips
6 oz. fresh shiitake mushrooms, stems removed, caps cut into quarters
1 oz. fresh enoki mushrooms
4 oz. carrots, asparagus, or other assorted vegetables, cut into thin julienne strips
3 Tbs. thinly sliced scallions
1 Tbs. finely chopped ginger
1 Tbs. finely chopped garlic
Salt
Freshly ground black pepper
1/3 C. plum wine
1/2 tsp. ground cinnamon
2/3 C. good quality canned beef broth
2 Tbs. rice wine (or fresh lime juice)
8-10 endive leaves or other decorative salad greens, for serving

Directions

Bring a pot of lightly salted water to a boil. Add the Chinese egg noodles and cook them until al dente, tender but still chewy, following the manufacturer’s instructions. Drain and set aside.
In a large skillet or wok over high heat, heat the oil and 1 Tbs. of the butter. Add the tenderloin strips and stir-fry them, stirring continuously with a wooden or metal spatula, until lightly seared on all sides, about 3 minutes. Add the shiitake and enoki mushrooms and the julienned vegetables, 1 Tbs. of the scallions, and the ginger and garlic and stir-fry for 3 minutes more. Season to taste with salt and pepper. Remove the meat and vegetables from the pan and set aside.
Add the plum wine and the cinnamon and deglaze the pan with a wooden spoon, stirring and scraping to dissolve the pan deposits. Boil until the liquid has reduced by half, about 1 minute. Add the broth and continue to boil until the liquid has thickened slightly, 2-3 minutes more. Whisk in the remaining 2 Tbs. butter. Add the cooked noodles and the reserved meat and vegetables. Stir in the rice wine and cook briefly, just until heated through. Correct the seasonings, if necessary, with more salt and pepper to taste.

Arrange the endive leaves around the edges of a large platter. Spoon the steak, noodles, and sauce in the center and garnish with the remaining chopped scallions. Serve immediately.

Yield: 4-6 servings

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My Recipe Notes:
Pork

Stir-Fry Pork with Ginger

This Asian-inspired dish has tender pieces of pork mixed in with a sweet Asian sauce.

Ingredients

2 Tbs. vegetable oil
1/2 inch piece fresh ginger root, thinly sliced
1/4 lb. thinly sliced lean pork
1 tsp. soy sauce
1/2 tsp. dark soy sauce
1/2 tsp. salt
1/3 tsp. sugar
1 tsp. sesame oil
1 green onion, chopped
1 Tbs. Chinese rice wine

Directions

Heat oil in a large skillet or wok over medium-high heat. Fry ginger in hot oil until fragrant, then add pork, soy sauce, dark soy sauce, salt, and sugar. Cook, stirring occasionally, for 10 minutes. Stir in the sesame oil, green onion, and rice wine. Simmer until the pork is tender.
Vegetables

Garlic Cauliflower

Garlic and sesame seeds are both healthful additions to an already healthy food.

Ingredients

1 small cauliflower (about 1-1/2 lb.)
1 Tbs. virgin olive oil
2 large garlic cloves, minced
1 Tbs. toasted sesame seeds
Dash paprika
Pepper to taste

Directions

In a large kettle, bring 2 quarts of water to a boil. Trim cauliflower and break into flowerets. Drop into boiling water and cook 2 minutes. Drain in a colander. In a large, non-stick skillet, heat oil and brown garlic. Add cauliflower and sesame seeds and stir-fry 1 minute. Dust with paprika and pepper before serving.

Yield: 4 servings

Nutritional Information Per Serving (1/4 of recipe):
Calories: 76, Fat: 5 g, Cholesterol: 0 mg,
Carbohydrate: 6 g, Protein: 3 g, Sodium: 9 mg Diabetic Exchanges: 1 Vegetable, 1 Fat

My Recipe Notes:
Sweet Onion and Pepper Sauté

These crispy vegetables will go fast at the dinner table.

Ingredients

1 Tbs. extra virgin olive oil
1 small yellow bell pepper, cored, seeded, and thinly sliced
1 small red bell pepper, cored, seeded, and thinly sliced
1 small green, orange, or purple bell pepper, cored, seeded, and thinly sliced
1 large onion, cut into thin wedges
1 clove garlic, minced
1/4 tsp. salt

Directions

Heat the oil in a large non-stick skillet over medium-high heat until very hot. Add the peppers and onion; stir-fry 3 minutes. Add the garlic; continue to stir-fry 2 to 3 minutes longer, or until the vegetables are crisp-tender. Sprinkle with salt.

Makes about 2 C. (4 servings)

My Recipe Notes:
Mixed Mushroom Stir-Fry

Stay home tonight and make your pork stir-fry with this pepper and mushroom dish.

Ingredients

1/2 C. Kikkoman Stir-Fry Sauce
2 Tbs. dry sherry
1/4 lb. ground pork
2 Tbs. vegetable oil
1 tsp. minced fresh ginger root
1 large clove garlic, minced
1 large onion, thinly sliced
1 large red bell pepper, cut into 1/4-inch thick strips
1 large green bell pepper, cut into 1/4-inch thick strips
1/2 lb. fresh portobello mushrooms, cut into 1/4-inch thick slices
1/4 lb. fresh button mushrooms, cut into 1/4-inch thick slices
Hot cooked rice

Directions

Combine stir-fry sauce and sherry. Heat wok or large skillet over medium-high heat. Add pork and stir-fry 1 minute; remove. Heat oil in same pan over high heat. Add ginger, garlic, onion and bell peppers; stir-fry 2 minutes. Add both mushrooms; stir-fry 2 minutes longer. Add stir-fry sauce mixture; cook, stirring, only until meat and vegetables are coated with sauce. Serve over rice.

My Recipe Notes:
Chinese Stir-Fried Potatoes

Soak your potatoes in chicken or beef stock and add soy sauce and peanut oil and start a Chinese stir fry.

Ingredients

1 lb. potatoes - sliced thin  
1 Tbs. light soy sauce  
1 tsp. brown sugar  
1 tsp. flour  
3 Tbs. peanut oil - divided  
1 C. chicken or beef stock  
1 tsp. sugar  
1/4 tsp. salt

Directions

In a bowl, combine potatoes, brown sugar, soy sauce, flour, and 1 Tbs. of the peanut oil. Stir to coat evenly. Refrigerate for at least 1 hour. Heat remaining peanut oil in a wok over high heat. Add potato mixture and stir-fry lightly for 2-3 minutes. Add remaining ingredients to wok, cover, reduce heat, and cook until the potatoes are tender and have absorbed most of the liquid.

My Recipe Notes:
Assorted Vegetables in Clear Sauce

A hearty vegetable dish with a thick sauce. Fresh vegetables will set this dish over-the-top!

Ingredients

2 medium turnips
2 small carrots
4 green onions
3 fresh asparagus spears
1/2 C. button mushrooms
1/2 C. peeled straw mushrooms
8 baby sweet corn
8 water chestnuts
1/2 tsp. fresh ginger root
1 Tbs. Tientsin preserved
2 Tbs. peanut oil
2 C. chicken stock
1 tsp. salt
Pinch sugar
Cornstarch paste
1 Tbs. chicken fat
1/2 C. crab meat or shelled shrimp (optional)

Directions

Peel turnips and carrots. Use melon scoop to cut turnips into large balls. Slice carrots 1/2" thick; then with paring knife, cut 4 evenly spaced notches into rim of each slice (don't cut into center core).

Carrots should look like little flowers. Parboil turnip and carrots in stock until barely tender. Remove from stock and plunge pieces into cold water; drain. Cut onions, asparagus and baby corn into 1 1/2" pieces. Mince together fresh ginger root and Tientsin preserved vegetable. In small pot or beaker on medium heat, render pieces of chicken fat.

Stir-frying: Add peanut oil to hot wok. When it begins to smoke, briskly fry crab meat or shrimp for 1 minute. Add asparagus, baby corn, mushrooms and water chestnuts, stir-frying until they are hot. Add ginger mixture, then onions. Stir-fry another 30 seconds. Add 1/2 stock, salt and sugar; bring to boil. Add turnips and carrots. Cover and reduce heat; simmer for 5 minutes.

Uncover, push ingredients out of liquid, and dribble in cornstarch paste to thicken slightly. Stir liquid to prevent lumping while it thickens to a thick soup. Recombine, then mix in chicken oil. Remove to serving platter.
Yield: 4 servings

My Recipe Notes: