Asian Vegetable Celebration Stir-fry (serves 5)

Ingredients:

Fresh broccoli: about 1 pound  
Shiitake mushrooms: about 10 to 12 dried mushrooms  
Water chestnuts: 1 8oz can, sliced  
Red onion: ½ large size  
Fresh carrots: 2 medium  
Peanuts: ½ cup (leave out if you are allergic to peanuts)  
Chicken broth: 1 cup  
Soy Sauce, heavy: ¼ cup  
Honey: 2 tablespoons  
Peanut oil: 2 tablespoons (use canola oil if you are allergic to peanuts)  
Cornstarch: 1 tablespoon  
Garlic, minced: ½ tablespoon  
Ginger, minced: ½ tablespoon  
Sesame oil: ¼ teaspoon  
Salt: ¼ teaspoon  
White pepper: dash or about 1/8 teaspoon

Preparation:

Soak mushrooms in warm water for about 1 hour or until soft. Cut into bite-size pieces. Break off flowerets into bite-size pieces. Cut off stems and slice into thin diagonal pieces. Cut onion into bite-size pieces. Slice carrots diagonally into thin slices. Mix chicken broth, soy sauce and honey. Dissolve cornstarch in 2 tablespoons of cold water.

Cooking:

1. Heat wok to high (medium high for other vegetable oils) and add peanut oil.
2. Add, minced garlic, minced ginger and sesame oil and thinly sliced carrots and broccoli stems.
3. Stir-fry mix for about 1 minute (if wok starts to smoke, turn down heat).
4. Add the remaining flowerets, mushrooms, onions, peanuts and stir-fry for one minute.
5. Add the chicken broth mix, cover and the vegetables and simmer for about 1 minute.
6. Add cornstarch, mix with vegetables, cover and simmer another minute.

(For extra spice, add about 1/8 teaspoon of hot chili sesame oil, or stir-fry one red chili pepper with the initial ginger and garlic. Don’t break the chili pepper because you’ll want to remove it before serving).