Jade and Pearls Stir-fry (serves 4)

Ingredients:

Fresh broccoli: about 1 pound
Water chestnuts: 1 8oz can, sliced
Chicken broth: 1 cup
Soy Sauce, lite; 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

Recipes
Preparation;

Break off flowerets into bite-size pieces. Cut off stems and slice them into thin diagonal pieces.
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 broccoli stems.
3. Stir-fry mix for about 1 minute (if wok starts to smoke, turn down heat).
4. Add the broccoli flowerets, water chestnuts and stir-fry one minute.
5. Add the chicken broth mix, cover and the vegetables and simmer for another 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).