

STIR FRIED VEGETABLES & RICE

Cookery Principle: Vegetable cookery
Rice Cookery

Ingredients:

Stir Fry:

$\frac{1}{2}$ carrot
1 stalk celery
1 stalk bok choy
(white part only)
3 flowerettes broccoli
2 mushrooms
1 thin slice ginger root
f.g. salt
f.g. pepper
1 clove garlic or 1 ml
garlic powder
15 - 25 ml oil

Equipment:

stir fry pan or frypan
wooden spoon
chopping board
small measures
dry measures
small liquid measure

Rice:

125 ml rice
250 water
5 ml margarine
1 ml salt

Sauce:

$\frac{1}{2}$ pkg beef or chicken
oxo powder
f.g. pepper
75 ml water
10 ml cornstarch

metal spatula
paring knife
French knife
peeler
small saucepan

Method:

Rice:

1. Combine 125 ml rice, 250 ml water, 5 ml margarine, and 1 ml salt in small saucepan.
2. Put on lid and bring to a boil. As soon as it is boiling, reduce heat to minimum and cook with lid on for 20 minutes until rice is tender. (DO NOT LIFT LID!)

Stir fry:

1. Cut up washed and peeled veggies and put on a plate.
2. Heat oil in frypan or wok on #5 (temp. just below medium).
3. Add garlic and ginger and cook until softened. Remove from the oil.
4. Add carrots and broccoli and cook for 2 minutes - may need to add a little water.
5. Add celery and cook 1 minute.
6. Add bok choy and cook 1 minute.
7. Add mushrooms and cook 2 minutes
8. Mix up sauce (water, cornstarch, bouillon powder, and spices) - add 1 ml salt if desired.
9. Add sauce to veggies and cook until sauce has thickened.
10. Divide rice between 2 plates and place veggies on top of rice.