

CHINESE VEGGIE STIR-FRY

Serving: 1/2 cup

Vegetable

This mock stir-fry went over well in the Worcester schools—just cut, steam and toss in Asian seasonings! Here the emphasis is on green beans, but just go with what's in season!

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
*Broccoli bunches	2 lbs 8 oz About 2-3 bunches 3 lbs About 3 bunches if using florets only	5 lbs About 4-6 bunches 6 lbs About 6 bunches if using florets only	<ol style="list-style-type: none"> 1. Remove broccoli crowns from stems and cut into florets. If using stems, discard bottom 2 inches. Peel stems with a sharp knife and slice thinly. Reserve broccoli. 2. Cut cauliflower into bite-size florets and reserve, discarding core. 3. Combine the soy sauce, scallion greens, garlic, ginger and sesame oil in a small pot. (Set whites aside.) Bring to a very slight simmer, then immediately take pot off the heat. (Do not brown garlic.) 4. Add vegetables—broccoli, cauliflower, scallion whites, green beans and carrots—to shallow steaming pans. 5. Steam, until all vegetables are slightly tender but still firm and brightly colored, about 5 minutes, depending on intensity of steamer. (Alternatively, bring a large pot of water to a boil and plunge vegetables into water and cook as above.) Do not overcook, vegetables will continue to cook on the line.) CCP: Heat to 140°F or higher. 6. Drain well and toss vegetables with the Chinese dressing. 7. Best served immediately. OR 8. CCP: Hold for hot service at 140°F or higher.
*Cauliflower, whole	2 lbs 8 oz	5 lbs	
Soy sauce	2-1/2 cups	5 cups	
*Scallions, cut into 1 inch pieces, whites and greens separated	12 scallions About 1-2 bunches	26 scallions About 3 bunches	
*Garlic, fresh minced	1/2 cup About 24 cloves	1 cup About 48 cloves	
Fresh ginger, coarsely grated or chopped	1/4 cup	1/2 cup	
Sesame oil, toasted (Chinese-style)	3 Tbsp	1/4 cup 2 Tbsp	
*Green beans, snapped	3 lbs 8 oz	7 lbs	
*Carrots, sliced	2 lbs	4 lbs	
Variation: In a rush? Use the total weight in snapped string beans and pre-sliced carrots.			

* MA farm products needed for recipe. For ordering, see page 19.

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Preparation Tips:

- **Broccoli:** *For florets*, remove crowns from stems and cut into florets. OR, use this quick technique from Donna Miner, Chicopee High School Kitchen Manager: Hold broccoli bunch securely by stems, off the cutting board. Cutting away from you and holding the knife diagonally use a chopping motion to remove the florets. *To use stems*, remove bottom 1-2 inches and discard. Peel with a sharp knife or vegetable peeler. Slice thinly. *Cooking time:* Cook broccoli until it turns bright green and is tender but firm, as it will continue to cook and become darker, mushy and unappetizing.
- **Cauliflower:** *For florets*, with the base down, cut in half through the core. Hold one half up and bend the core towards you to remove (or remove with knife). Repeat with second half. Break florets off by hand. (They can be cut with a knife, but this results in some cauliflower crumbles.)
- **Scallion:** Remove root ends and any tattered green ends. Cut across scallions using both greens and whites.
- **Garlic:** *For an alternative to fresh garlic*, use whole peeled cloves or minced garlic. *To use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) *To remove skins*, crush cloves with the flat of a large knife, then peel. *To mince*, use a food processor or mince by hand. By hand, crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.
- **Green Beans** are sometimes available with ends snapped off. If you snap the ends yourself, you only need to snap one end.
- **Carrots:** *To purchase*, sliced carrots are often available from a farm vendor. *To slice*, peeled carrots can be sliced by hand or in the food processor. *If slicing by hand*, they look attractive sliced across on the diagonal.

NUTRITIONAL ANALYSIS PER SERVING			
Calories	41	Vitamin A (IU)	179
Cholesterol (Mg)	0	Vitamin C (Mg)	28.49
Sodium (Mg)	835	Protein (G)	2.26
Fiber (G)	1.75	Carbohydrate (G)	6.76
Iron (Mg)	1.03	Total Fat (G)	0.96
Calcium (Mg)	35.33		