



COOKING WITH JAN ~ February 12, 2020

Sponsored by Coborns & Performance Radio
Recipes at Coborns & kokk.com

Easy & Healthy Weeknights ~ Stir Fry

BEEF STIR FRY

- 1 1/2 LBS SKIRT STEAK, CUT INTO 4" PIECES, THEN CUT AGAIN AGAINST THE GRAIN INTO 1/4" THICK SLICES
- 1/4 CUP SOY SAUCE
- 2 TSPS WHITE SUGAR
- 2 TBLs OLIVE OIL
- 1 BUNCH SCALLIONS, THINLY SLICED
- 1/4 LB SNOW PEAS OR GREEN BEANS
- 1 RED BELL PEPPER, THINLY SLICED
- 1 SERRANO CHILI, SEEDED & CHOPPED
- 2 TBLs FRESH LIME JUICE
- 2 CLOVES GARLIC, GRATED
- 6 OZs MUSHROOMS, SLICED
- 12 OZ CAN BABY CORN, DRAINED

SEASON THE STEAK WITH SALT & PEPPER. IN BOWL, WHISK TOGETHER THE SOY SAUCE, SERRANO PEPPER, SUGAR & LIME JUICE UNTIL THE SUGAR IS DISSOLVED. ADD THE MEAT; TOSS TO COAT & SET ASIDE. IN LARGE SKILLET, HEAT THE OIL UNTIL SHIMMERING; ADD THE BEEF & COOK, STIRRING, UNTIL COOKED THROUGH, 3-5 MINUTES. REMOVE BEEF FROM SKILLET; SET ASIDE. ALLOW LIQUID IN THE PAN TO REDUCE UNTIL IT IS THICKENED, ABOUT 4 MINUTES. ADD THE GARLIC & SCALLIONS; COOK FOR 1 MINUTE MORE. ADD THE MUSHROOMS & COOK FOR 2-3 MINUTES MORE, THEN ADD THE SNOW PEAS, CORN & BELL PEPPER. CONTINUE TO COOK UNTIL ALL THE VEGGIES ARE CRISP-TENDER, ABOUT 2 MINUTES. RETURN MEAT TO THE SKILLET; TOSS TO COMBINE. MAKES 4 SERVINGS. BROCCOLI SLAW CAN BE USED AND SOME OF THE LISTED VEGGIES CAN BE OMITTED. BE SURE TO USE THE SERRANO CHILI, SUGAR, LIME JUICE, OLIVE OIL & GARLIC IF YOU SUBSTITUTE THE SLAW. ANY & ALL VEGGIES CAN BE USED PER YOUR TASTE.

CHICKEN STIR FRY

- 2 TBLs DARK SESAME OIL
- 1 HEAD BROCCOLI, STEMS REMOVED
- 3 CARROTS, PEELED & JULIENNED
- 1 HEAD BOK CHOP, CHOPPED
- 2 LBS SKINLESS, BONELESS CHICKEN BREASTS
- 2 CLOVES, GARLIC, MINCED
- 1 DOZEN MUSHROOMS, SLICED
- 1/4 LB GREEN BEANS, DICED
- 2-3 TBLs TERIYAKI SAUCE

HEAT 1 TBLs OIL IN SAUTE PAN; ADD GARLIC & STIR. PLACE THE CHICKEN BREASTS IN THE PAN; BROWN 4 MINUTES ON EACH SIDE. REMOVE FROM PAN, SLICE INTO STRIPS & SET ASIDE. HEAT THE REMAINING TBLs OF OIL IN A WOK OVER HIGH HEAT. ADD THE VEGGIES & TERIYAKI SAUCE; STIR FRY QUICKLY UNTIL THE VEGGIES BEGIN TO SOFTEN. ADD THE CHICKEN STRIPS; COMBINE & CONTINUE TO COOK FOR 2-3 MINUTES. SERVE IMMEDIATELY OVER RICE, IF DESIRED. MAKES 4 SERVINGS!

SALMON STIR FRY

- 4 CUPS COOKED RICE
- 2 TSPs SESAME OIL
- 1 TSP GROUND GINGER
- 2 CUPS FROZEN CHINESE STIR FRY VEGGIES
- 1/4 CUP SOY SAUCE
- 2 TBLs OLIVE OIL
- 4 CLOVES GARLIC, MINCED
- 1 LB SALMON, CUT INTO 1" CHUNKS
- 2 TSPs SEASONED RICE VINEGAR

COOK RICE IN WATER ON DIRECTED ON PKG TO MAKE 4 CUPS COOKED. HEAT OLIVE OIL & SESAME OIL IN LARGE SKILLET OVER MEDIUM HIGH HEAT. ADD GARLIC & GINGER TO THE SKILLET & HEAT, STIRRING FOR 1 MINUTE. ADD THE SALMON & COOK, STIRRING ONCE, FOR 2-3 MINUTES OR UNTIL PARTIALLY OPAQUE. COVER THE SKILLET; COOK FOR ANOTHER 2-3 MINUTES, UNTIL SALMON IS OPAQUE & FLAKES EASILY WITH A FORK. REMOVE COVER FROM SKILLET; STIR IN THE FROZEN VEGETABLES. ADD THE VINEGAR, & SOY SAUCE; MIX WELL. COOK FOR 2-3 MINUTES LONGER OR UNTIL SAUCE IS SLIGHTLY REDUCED. SERVE IMMEDIATELY OVER COOKED RICE WITH A LITTLE DRIZZLE OF SOY SAUCE. MAKES 4 SERVINGS!

TERIYAKI BEEF STIR FRY

- 1 1/2 LBS ROUND STEAK
- 1 LIME, ZESTED & JUICED
- BLACK PEPPER
- 1 TBLs **EACH** CORNSARCH, TOASTED SESAME OIL,
- 4 CLOVES GARLIC, CUT INTO THIN STRIPS
- 1 JALAPENO PEPPER, SEEDED & SLICED
- 1 CUP JULIENNED CARROTS
- 4 OZs SNOW PEAS, HALVED
- 2 TSPs SESAME SEEDS
- 3 TBLs VEGETABLE OIL
- 6 TBLs SOY SAUCE
- 1/4 CUP THICK TERIYAKI SAUCE
- DARK BROWN SUGAR & RICE VINEGAR
- 1 PIECE FRESH GINGER, PEELED & JULIENNED
- 8 OZs GREEN BEANS, HALVED
- 1 RED BELL PEPPER, THINLY SLICED
- 2 SCALLIONS, SLICED
- COOKED WHITE RICE

CUT BEEF INTO STRIPS; PUT IN BOWL & COAT WITH BROWN SUGAR, LIME ZEST, 3 TBLs SOY SAUCE & BLACK PEPPER. SET ASIDE; PREPARE THE SAUCE. WHISK TOGETHER THE TERIYAKI SAUCE, CORNSTARCH, SESAME OIL, RICE VINEGAR, LIME JUICE & 3 TBLs SOY SAUCE. HEAT SKILLET; ADD 1 TBLs VEGETABLE OIL, THEN ADD THE BEEF & STIR FRY UNTIL BROWNEED, 2-3 MINUTES. REMOVE TO A PLATE & KEEP WARM. ADD 2 TBLs OF VEGETABLE OIL TO SKILLET; ADD GARLIC, GINGER & JALAPENO, COOK FOR 30 SECONDS. ADD GREEN BEANS, CARROTS & BELL PEPPER; STIR FRY FOR 1 MINUTE. ADD SNOW PEAS; BEEF & THE SAUCE. CONTINUE TO COOK FOR 1-2 MINUTES. SERVE OVER THE RICE & GARNISH WITH SCALLIONS & SESAME SEEDS.