

At one time, I used powdered ginger, which I haven't had in my house for years. I prefer to grate my ginger, which you can find in most supermarkets. Store it in the freezer for two reasons: it lasts longer and it's easier to grate. This stir-fry can be made in minutes, provided you have the ingredients. If not, feel free to improvise. You can use bamboo shoots, carrots, green pepper or even a few jalapeno peppers. You may not want to try habanero peppers unless you have no taste buds left and have plenty of friends.

broccoli stir-fry

serves 4

3 Tbsp olive oil
1 tsp sesame oil
2 cloves garlic, minced
1 large onion, sliced
freshly grated ginger

1 cup broccoli crowns
1 cup cabbage, shredded
2 cups snow peas
2 Tbsp soy sauce

Heat oil in heavy skillet over low heat and add the garlic. Cook until golden, add onions and ginger, raise the heat to medium and cook until onions are brown. Raise the heat to medium high, add the broccoli and cabbage and cook for two minutes, stirring from time to time. Add the snow peas and soy sauce, lower the heat to simmer, cover and cook for two minutes more. Serve.