

Stir-Fry Beef and Vegetables

Serves four

Standard Recipe	Modify with:
<p>1 1/2 cups rice 1/2 cup oil 1 onion, sliced in eighths 1 clove garlic, finely chopped 1 tspn fresh ginger, chopped 750g beef 1/2 cup chicken stock 2 cups vegetables, chopped or sliced 1 tbspn cornflour 2 tbspns soy sauce 1 tbspn sherry or water 1 cup flour (for coating) Salt, pepper</p>	<p>Reduce to 1 tbspn oil Add extra onion Reduce to 375 - 500g Double the veg - 4-5 cups Add extra chopped parsley Omit flour Salt not needed. Add extra flavour e.g. Chinese five spice</p>
<p>Method:</p> <ol style="list-style-type: none"> Put rice on to boil. Cut beef into strips. Coat in flour. Fry in oil until brown. Remove from pan. Add onion, garlic and ginger and sauté lightly. Add hard vegetables (e.g. broccoli, carrots, celery) and cook for 3 minutes, then add soft vegetables. Blend cornflour, sherry or water, soy, salt and pepper. Add to pan with beef. Cook for further minute. Serve with rice. 	<ol style="list-style-type: none"> Trim all fat from meat. No need to add flour. Brush pan lightly with oil and brown meat. Use a little water or stock if meat starts to stick.

Variations:

- Replace beef - try veal, lamb, pork, fish, seafood, chicken.
- Vary vegetables - broccoli, cauliflower, carrot, zucchini, capsicum, celery, green beans, mushrooms, bean sprouts, shallots, snow peas, spinach, bok-choy, etc.
- Add seeds and nuts - sesame or pumpkin seeds, almonds, cashews, macadamia nuts.
- Vary sauces - Add cornflour to thicken if required.
- Chinese sauce - 1/2 cup vinegar, 2 tbspns honey, 2 tspns soy sauce.
- Ginger sauce - 1/2 cup red wine, 2 tbspns grated fresh ginger, 1 clove crushed garlic, 1 tbspn soy sauce.

- Satay sauce: - 1/2 cup low fat yoghurt, 3 tbsps peanut paste, 2 tbsps soy sauce.
- Sweet and sour sauce: small can unsweetened pineapple pieces undrained, 2 tbsps vinegar, 1 tbspn honey, 1 tbspn soy sauce.
- Kebabs - thread vegies and meat onto skewers and barbeque or grill for 5 minutes or until meat is cooked. Use the sauce ingredients as a marinade.