

## Seasonal Eating



## Stir Fried Broccoli

- 1/4 cup water
- 1/4 cup oyster sauce
- 1 tablespoon sherry
- 1 teaspoon cornstarch
- Vegetable oil or peanut oil
- 2 cloves garlic, minced
- 2 teaspoons minced ginger root
- 3 heads broccoli, cut into small - medium size florets
- 2 teaspoons sugar
- 1/8 teaspoon salt
- 1/4 cup water

For the sauce, combine the water, oyster sauce, sherry and cornstarch in a small bowl. In a wok with a lid, heat a couple of tablespoons of oil. Add the garlic and ginger and stir for a few seconds. Add the broccoli and stir fry until they turn a brilliant green, then add the sugar and salt. Stir together and add water. Cover and cook another few minutes just until cooked but still slightly crunchy. Make a well in the center of the broccoli and add the sauce mixture, stirring until thickened and then mix with broccoli. Serve hot.