

**Seasonal Eating**  
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**Stir Frying Makes Quick and Easy Dinner**  
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I grew up in a military family. My dad served in the United States Air Force for 26 years and over those years we lived in lots of different places across the country. So we were exposed to a lot of different cuisines and cultures within the states.

We had taco Tuesday way before it became so popular across the country. My grandfather, who was born and raised in the Midwest, looked at the bowl of refried beans and asked if we were having dog food! We had sopapillas in New Mexico, fried little puffs of dough filled with honey – yum! Mom made hundreds of wontons for a party when I was in elementary school. We made homemade pizza every Saturday night. So I didn't exactly grow up on meat and potatoes.



In the 1980s, when I was in high school, my dad bought 2 Chinese cookbooks while on a trip. So Chinese food became a regular part of our meal rotation. We particularly liked the recipes in the chapter on West China and the Szechwan region. These are fairly spicy dishes and include dishes like Kung Pao Chicken, a family favorite for years.

Another one of our favorite dishes is Szechwan Shrimp. This is a really quick dish to make and serve over rice. The sauce is a mixture of ketchup, soy sauce and sweet Asian chili sauce. If you don't like your food spicy, you can cut down a little on the chili sauce. Also giving this dish a lot of flavor and some heat is fresh ginger-root. This is easily found in the produce section and looks like a tan knobby tuber. Just peel off the thin skin with a metal spoon (it easily scrapes off) and then finely chop the yellow, fragrant interior. There really is no substitute as the ginger powder doesn't give the same flavor. Green onions are the vegetable base and are stir fried with the ginger and then the shrimp are added and finished with the sauce.

So if you don't want to heat up the oven and are craving a little Asian flavor, try a shrimp stir fry for dinner.

For more information and recipes check out the Seasonal Eating page at [bedford.tennessee.edu](http://bedford.tennessee.edu).

**Szechwan Shrimp**

- 1 pound shrimp
- 2 tablespoons sweet chili sauce
- 1/4 cup ketchup
- 2 tablespoons dark soy sauce
- 2 tablespoons vegetable oil
- 1/2 teaspoon salt or to taste

4 green onions, chopped into 1/4" lengths  
1/4 cup finely minced ginger root  
2 teaspoons minced garlic  
1 tablespoon sherry  
1 teaspoon sugar

Shell and devein the shrimp. Wash, drain and pat dry with paper towels. In a bowl mix the chili sauce, ketchup and soy sauce.

Heat a wok or skillet over high heat until a drop of water immediately sizzles into steam. Add the oil and salt. Add the green onions and gingerroot and stir for a minute or two until the green onions are slightly cooked. Add garlic and stir for another minute. Add the shrimp and stir-fry for 1 to 2 minutes until the shrimp have become firm and pink. Add the sherry and sugar. Stir for 30 seconds. Add the chili paste mixture. Stir for about 1 minute until the sauce thickens somewhat and serve over rice.