

Tangerine Beef Stir-Fry

The lightly sweet, citrus-infused sauce of this classic Chinese stir-fry pairs well with delicate jasmine rice.

Put the steak in the freezer for about 30 minutes to firm up, then cut across the grain into slices about 1/8 inch thick. In a large nonreactive bowl, combine 1/2 tsp. of the sugar, the baking soda and salt and stir to mix well. Add the beef slices and stir to coat. Let stand at room temperature for about 30 minutes.

In a small bowl, whisk together the remaining 1/4 tsp. sugar, the cornstarch, tangerine zest, tangerine juice, rice wine, hoisin sauce, soy sauce, chili bean paste, ginger juice and sesame oil. Set the sauce aside.

Pat the beef slices dry with paper towels. In a large wok or fry pan over high heat, warm 2 Tbs. of the canola oil. Add half of the beef in a single layer and sear until brown underneath, about 1 minute. Using tongs, turn the beef over and sear until brown on the other side, about 30 seconds. Transfer the meat to a colander to drain. Return the pan to high heat, warm 1 Tbs. of the canola oil and repeat to sear the remaining beef. Transfer to the colander to drain.

Wipe out the wok with paper towels. Reheat the wok over high heat and warm the remaining 1 Tbs. canola oil. When the oil is hot, add the onion and bell pepper and stir-fry until the edges begin to brown, 3 to 4 minutes. Add the chili and garlic and stir-fry for about 1 minute. Give the sauce a quick stir, add to the pan along with the beef, and stir-fry until the beef is heated through and the sauce thickens, about 1 minute. Transfer to a warmed bowl or platter and serve immediately with steamed rice. Serves 4 to 6.

Adapted from Williams-Sonoma *The World Kitchen* (Weldon Owen, Inc., 2010).

Ingredients for Tangerine Beef Stir-Fry

1 1/2 lb. flank steak
3/4 tsp. sugar
1/4 tsp. baking soda
1 tsp. salt
1/4 tsp. cornstarch
1 tsp. grated tangerine or orange zest
1/4 cup fresh tangerine or orange juice
1 Tbs. Chinese rice wine
1 Tbs. hoisin sauce
2 Tbs. soy sauce
1 tsp. chili bean paste
1 tsp. ginger juice or finely grated fresh ginger
1/2 tsp. sesame oil
4 Tbs. canola oil
1 small yellow onion, halved and thinly sliced
1 small green bell pepper, seeded and thinly sliced lengthwise
1 red Fresno chili, seeded and thinly sliced lengthwise
2 garlic cloves, minced
Steamed jasmine rice for serving

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The Wok

This ingenious Chinese pan is a versatile cooking vessel that is ideal for stir-frying, deep-frying and steaming. Traditionally made of plain steel, a good retainer of heat, the wok features a rounded bottom that allows small pieces of food to be rapidly tossed and stirred, while the gradually sloping sides help to keep the food inside the pan.

Introducing Williams-Sonoma New Stir-Fry Sauces

Representing some of the most popular Asian stir-fry sauces, ours offer something for every taste. These easy-to-use sauces are made with the best ingredients and contain no MSG or artificial preservatives. Our new sauces include:

- Mongolian
- Sesame
- Sichuan
- Garlic-Ginger

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Technique Class: Fresh & Fast: Stir-Frying

A sizzling stir-fry is a simple yet satisfying entrée for relaxed dinner parties and quick weeknight suppers. Using a variety of colorful vegetables along with different meats, you can make traditional favorites like cashew chicken as well as new flavor combinations, including our stir-fried tofu with mushrooms and greens. When accompanied by steamed rice or udon or soba noodles, stir-fries make perfect one-dish meals. These recipes are sure to become staples in your cooking repertoire.

How to Stir-Fry

Stir-frying is an Asian cooking technique of rapidly frying small pieces of foods in oil over high heat. A wok is the perfect implement for stir-frying, as it exposes the food to the maximum cooking surface while keeping it from flying out of the pan as you stir. A large, deep cast-iron fry pan or heavy sauté pan is a good substitute. Almost any vegetable or meat can be stir-fried as long as it is cut into small pieces. The steps below are designed for about 1 lb. of vegetables and 1/2 lb. of meat, fish or tofu.

1. Cut ingredients into pieces about 1 1/2 inches long or into 1/2-inch dice. Cut red meat into strips against the grain, cut chicken or fish into thin strips or dice, and cut tofu into dice. Leave shrimp whole. Cut vegetables, such as carrots and zucchini, into matchsticks or very thin slices; cut long, thin vegetables, such as green beans and asparagus, on the diagonal. Marinate meat, fish or tofu for about 15 minutes in a little soy sauce and vegetable oil flavored with garlic, ginger, and dry sherry or Shaoxing rice wine.
2. Preheat the wok over high heat until hot, then pour about 1 1/2 Tbs. canola or peanut oil into the wok. Carefully tilt and rotate the pan in a circle so the oil is distributed 6 inches up the sides of the pan. The oil should spread out in fragrant waves.
3. Add the meat, chicken, fish, shellfish or tofu, stirring the food rapidly and pushing it up the sides of the wok until just beginning to brown, 2 to 3 minutes; shrimp should just turn pink. Using a slotted spoon, transfer the food to a bowl and set aside.
4. Heat another 1 Tbs. oil in the pan, then add the vegetables and stir-fry until their color turns bright, about 1 minute.

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Ingredients

3½ Tbs. low-sodium soy sauce
1½ tsp. cornstarch
1½ tsp. plus 1 Tbs. Asian sesame oil

½ lb. boneless center-cut pork chops or pork sirloin, cut across the grain into thin strips

Freshly ground black pepper, to taste

2 Tbs. rice wine vinegar

1½ tsp. sugar

½ lb. sugar snap peas, strings removed, peas cut in half on the diagonal

6 oz. soba noodles

1 bunch green onions, white and green portions, thinly sliced

1 Tbs. peanut oil

1 Tbs. peeled and minced fresh ginger

¼ tsp. red pepper flakes

5. Add 2 to 3 Tbs. stock or water and cover the pan. Reduce the heat to medium-high and cook just until the vegetables are crisp-tender, a few minutes more. Vegetables like broccoli, carrots and cauliflower will take 3 to 4 minutes; bell peppers and zucchini will take 1 to 2 minutes; tender vegetables like bean sprouts and snow peas need only 30 seconds or less.

6. Return the meat, chicken, fish, shellfish or tofu to the pan along with the marinade and any other flavoring ingredients, such as black beans, soy sauce, chili oil or Asian sesame oil. If you would like a thickened sauce, dissolve 2 tsp. cornstarch in about ⅓ cup cold stock or water, add to the pan at the very end of cooking, and stir until the liquid is thickened. Serve immediately.

Stir-Fried Pork and Sugar Snaps with Soba Noodles

Newly picked sugar snap peas, young green onions and just a small amount of pork are the basis for a novel dish made with Japanese buckwheat noodles and bold Asian flavors. Finish the meal with ginger cookies and fresh strawberries.

In a bowl, combine 1½ Tbs. of the soy sauce and the cornstarch and stir to dissolve the cornstarch. Stir in the 1½ tsp. sesame oil. Add the pork and a generous amount of black pepper and stir to coat. Let stand at room temperature for 15 to 30 minutes.

Meanwhile, in a small bowl combine the remaining 2 Tbs. soy sauce, the 1 Tbs. sesame oil, the vinegar and sugar and stir to dissolve the sugar. Set the sauce aside.

Bring a large pot three-fourths full of water to a boil over high heat. Add the sugar snap peas and cook until just crisp-tender, about 4 minutes. Using a slotted spoon, transfer the peas to a bowl. Add the noodles to the boiling water and cook, stirring occasionally, until just tender, about 4 minutes. Drain the noodles and return them to the pot. Add half of the sauce to the noodles and stir to coat. Stir in the sugar snaps and all but 2 Tbs. of the green onions. Cover to keep warm.

In a large nonstick fry pan over medium-high heat, warm the peanut oil. Add the ginger and red pepper flakes and stir until fragrant, about 5 seconds. Add the pork, separating the pieces, and stir constantly just until the pork is cooked through, 2 to 3 minutes. Add the remaining sauce and stir until thickened, about 30 seconds. Immediately add the pork and sauce to the noodles and toss to coat. Divide the noodles between 2 warmed plates. Sprinkle with the remaining 2 Tbs. green onions and serve immediately. Serves 2.

Quick Tips: This recipe is also delicious at room temperature, so leftovers can be refrigerated overnight; bring them to room temperature before serving again. Double the quantity of ingredients to serve four.

Adapted from Williams-Sonoma *Weeknight Fresh & Fast*, by Kristine Kidd (Weldon Owen, Inc., 2011).

Cashew Chicken

This popular, easy-to-make dish uses ingredients that you’re likely to have on hand in your pantry. Serve on a bed of rice and steamed broccoli.

In a large bowl, stir together 2 Tbs. of the soy sauce, the rice wine and ginger. Add the chicken and stir to coat evenly. Let stand at room temperature for 15 minutes.

In a small bowl, whisk together the water, the remaining 1 Tbs. soy sauce, the Worcestershire sauce, sesame oil, sugar and cornstarch to make a stir-fry sauce. Set aside.

Heat a wok or large fry pan over high heat until very hot and warm 2 Tbs. of the canola oil. Remove the chicken from the marinade, draining it well, and discard the marinade. Add the chicken to the pan and stir-fry until opaque, about 3 minutes. Using a slotted spoon, transfer the chicken to a bowl.

Return the pan to medium heat and warm the remaining 1 Tbs. canola oil. Add the green onions and stir-fry until wilted and fragrant, about 10 seconds. Return the chicken to the pan and add the cashews. Give the sauce a quick stir, add it to the pan and stir until the sauce thickens slightly, 1 to 2 minutes. Serve immediately over steamed rice and broccoli. Serves 4.

Adapted from Williams-Sonoma *The World Kitchen* (Weldon Owen, Inc., 2010).

Stir-Fried Tofu with Mushrooms and Greens

Put the rice on to cook just before starting to prepare this dish; both will be ready at about the same time. Sambal oelek, a pantry staple for quick cooking, can be found in the Asian section of most markets. If you like garlic, use chili-garlic sauce instead. If you can find Chinese broccoli, it works just as well as broccoli rabe.

In a small bowl, stir together the broth, soy sauce, cornstarch, vinegar, sesame oil, pepper, chili sauce and sugar. Set the sauce aside.

In a small wok or large nonstick fry pan over medium-high heat, warm the vegetable oil. Add the green onions and ginger, and toss and stir until aromatic, about 30 seconds. Add the mushrooms and stir until coated with the oil, about 30 seconds. Add the broccoli rabe and stir until heated through, about 1 minute.

Cover the wok and cook, stirring occasionally, until the broccoli rabe is just crisp-tender, about 3 minutes. Uncover, add the tofu and stir gently. Stir the sauce to dissolve the cornstarch and then add to the wok. Cook until the sauce thickens and the tofu is heated through, 2 to 3 minutes. Season with salt and serve immediately with steamed rice. Serves 4.

Adapted from Williams-Sonoma *Weeknight Fresh & Fast*, by Kristine Kidd (Weldon Owen, Inc., 2011).

Ingredients for Cashew Chicken

3 Tbs. soy sauce

1 Tbs. Chinese rice wine or dry sherry

2 tsp. grated fresh ginger

1 lb. boneless, skinless chicken thighs, cut into bite-size pieces

2 Tbs. water

1 tsp. Worcestershire sauce

1 tsp. sesame oil

½ tsp. sugar

¼ tsp. cornstarch

3 Tbs. canola or peanut oil

2 green onions, chopped

1 cup salted roasted cashews

Steamed rice for serving

Steamed broccoli for serving

Ingredients for Stir-Fried Tofu with Mushrooms and Greens

1 cup low-sodium vegetable or chicken broth

2 Tbs. low-sodium soy sauce

1 Tbs. cornstarch

1 Tbs. red wine vinegar

1 Tbs. Asian sesame oil

¾ tsp. freshly ground pepper

½ tsp. Asian chili sauce, such as sambal oelek

½ tsp. sugar

1 Tbs. vegetable oil

¼ cup minced green onions

2 Tbs. peeled and minced fresh ginger

¼ lb. fresh shiitake mushrooms, stemmed and sliced

1 large bunch broccoli rabe, cut into 1½-inch lengths

About 1 lb. firm tofu, drained, patted dry and cut into ¾-inch cubes

Coarse kosher salt, to taste

Steamed brown jasmine or basmati rice for serving