

Broccoli Stir Fry with Ginger and Sesame ·

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- 1 Tbsp sesame seeds
- 1/2 cup chicken stock (or vegetable stock for vegetarian option)
- 1 Tbsp soy sauce (use gluten-free soy sauce for gluten-free option)
- 1 Tbsp dark sesame oil
- Peanut, canola, or grapeseed oil, or some other high smoke-point cooking oil
- 1 pound broccoli florets, rinsed, patted dry, cut into bitesized pieces
- 2 cloves of garlic, minced (about 1 Tbsp)
- 1 Tbsp minced fresh ginger

1. Toast the sesame seeds by first heating a small, stickfree sauté pan on medium heat. Add the sesame seeds and jiggle the pan so they spread out in a single layer.

Cook until lightly browned, once they start to brown they can easily burn. Lightly toast and set aside.

2. Mix the stock, soy sauce, and dark sesame oil together in a small bowl, set aside.

3. Heat 1 Tbsp of peanut oil in a large, covered sauté pan on medium high heat. Add the broccoli florets, stir to coat the florets with the oil, Sauté for about a minute.

Clear a space in the middle of the broccoli and add the ginger and garlic. Add a little more oil to the ginger and garlic (about a teaspoon) and sauté for half a minute, stir until the garlic and ginger, until fragrant. Then stir the garlic and ginger in with the broccoli.

4. Add the chicken (or vegetable) stock mixture to the pan. Bring to a simmer, reduce the heat and cover. Let cook for 2-3 minutes, until broccoli is still firm, but can be pierced with a fork.

Remove from heat. Remove broccoli with a slotted spoon to a bowl. Return pan to heat, increase heat to high and boil down the liquid until just a couple tablespoons remain. Turn off heat, return broccoli to the pan, add the toasted sesame seeds, toss with the liquid. Put into a serving bowl