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Richard Jung has photographed more than 20 cookery books, and won a best food photography award from the James Beard Foundation for *Hot, Sour, Salty, Sweet* (Artisan). For Ryland Peters & Small he has photographed *Chocolate: Discovering Exploring Enjoying, Brownies, Lemons & Limes, Pizza and Market Vegetarian*.

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COOKING

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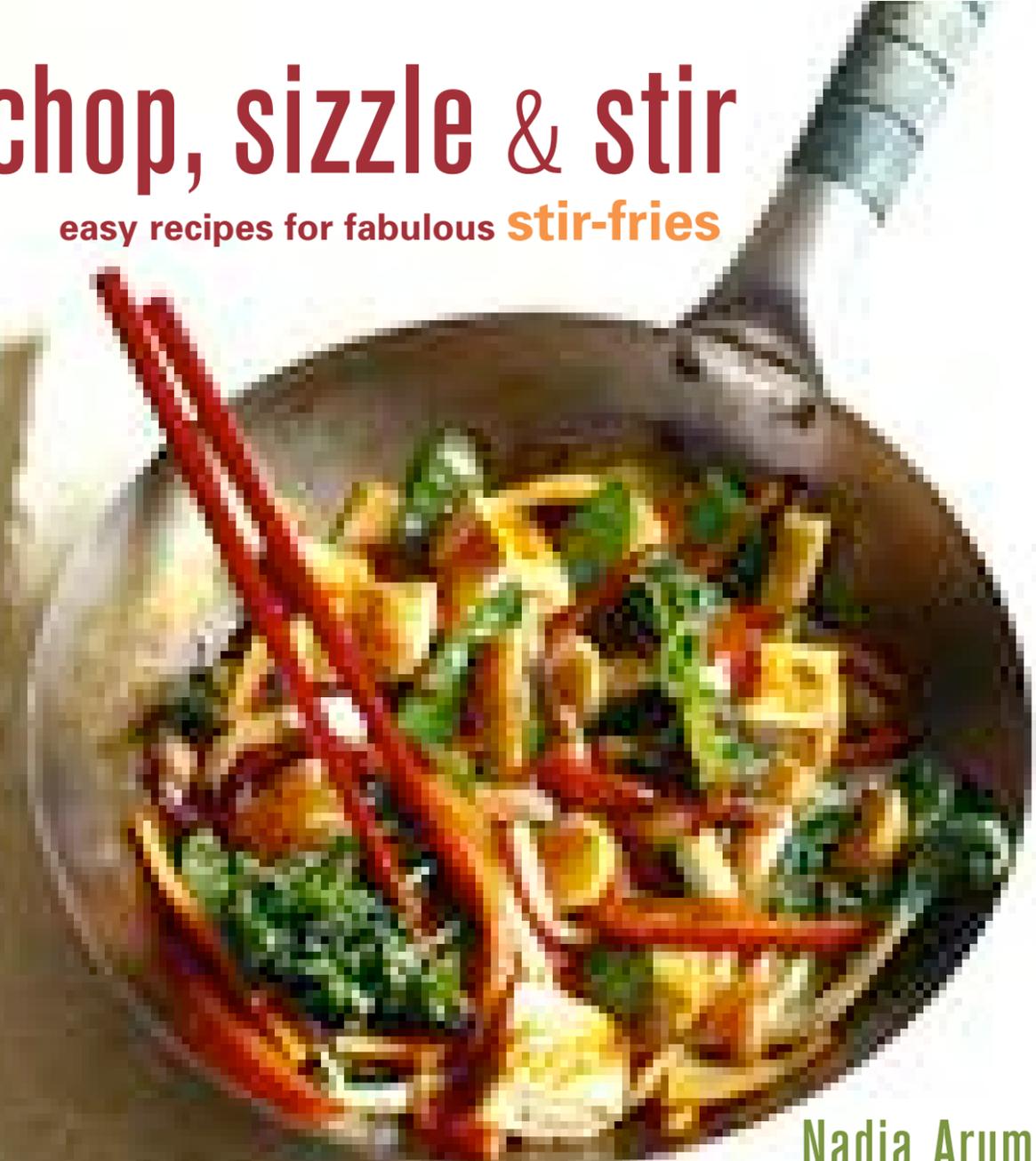
chop, sizzle & stir

Nadia Arumugam

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chop, sizzle & stir

easy recipes for fabulous stir-fries



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photography by Richard Jung

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Simple to prepare, super-quick to cook and totally satisfying, stir-fries make the perfect weeknight one-bowl meal. **Chop, Sizzle & Stir** is packed full of ideas to pep up your wok repertoire.

Noodles & Rice provide maximum satisfaction with minimum fuss. Chicken Pad Thai is always a favourite – nothing beats the magical combination of fragrant lime and coriander, feisty chilli, crunchy peanuts and bean sprouts and slippery noodles. Stuck for new ways with rice? Try Wok-tossed Jasmine Rice with Crabmeat & Asparagus, which needs few ingredients besides a few storecupboard staples.

For **Vegetables** with gusto, make Buddha's Delight, a vegetarian dish traditionally eaten on the first day of the Chinese New Year and bursting with tofu, bamboo shoots, water chestnuts and crisp, fresh vegetables. Aubergine with Coconut, Lemongrass and Coriander is as quick as a stir-fry but with the satisfaction of a curry.

Meat and Poultry stir-fries offer something for every occasion. Beef with Butternut Squash will please even the biggest appetite, while Zingy Lemon Chicken with Toasted Sesame Seeds tastes so much better than anything you could take away. Five-spiced Duck with Aubergine and Plums is a modern twist on the classic Chinese crispy duck, ideal for making at home.

Some of the freshest tasting stir-fries are those made with **Fish & Seafood**. Warm Prawn, Mango and Lychee will defy all your stir-fry expectations and produces mouth-watering results. Quick-fried Teriyaki Salmon with Pak Choy is an ideal get-ahead supper as it's left to marinate overnight, then quickly fried and on your plate in less than 15 minutes the following day.

Finally, there are plenty of rice and noodle **Side Dishes** to choose from – from Classic Egg Fried Rice to Egg Noodles with Sweet Chilli and Lime.

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NB: Dual measurements and terminology have been used in this blad, but there will be separate editions of the final book for the UK and the US.

UNCORRECTED PROOFS

Fragrant and mouth-tingling Szechuan peppercorns give a wonderful flavour and aroma to tender sirloin steak and sweet, creamy butternut squash. If you can't find Szechuan peppercorns in the spice section of your supermarket, visit your nearest oriental grocery store.

beef with butternut squash & szechuan pepper

600 g/1 ¼ lbs sirloin steak, trimmed of fat and sliced thinly against the grain
400 g/14 oz butternut squash flesh, diced

2 tablespoons peanut oil
2 garlic cloves, thinly sliced
1 tablespoon finely grated fresh ginger
3 tablespoons sweet chilli/chili sauce
2 tablespoons dark soy sauce
1 small bunch of fresh coriander/cilantro leaves, chopped
½ red chilli/chile, deseeded and thinly sliced, to garnish

For the marinade
2 tablespoons dark soy sauce
1 tablespoon crushed Szechuan peppercorns

Serves 4–6

To make the marinade, put the soy sauce and Szechuan peppercorns in a bowl, stir in the beef, cover and marinate in the fridge for 20–30 minutes.

Bring a pan of lightly salted water to the boil, then add the butternut squash. Bring back to the boil and blanch for about 5 minutes, or until tender, then drain well and set aside.

Heat the peanut oil in a wok or frying pan/skillet until hot, add the beef and cook, stirring, for 3–4 minutes, or until sealed. Remove from the wok or pan/skillet and set aside.

Add the garlic and ginger and fry until golden, then add the butternut squash with the sweet chilli/chili sauce, soy sauce, and 1 tablespoon water. Bring to the boil, then reduce the heat and simmer gently for 2 minutes.

Return the beef to the wok or pan/skillet and mix through. Stir in the coriander/cilantro and garnish with the sliced chilli/chile.

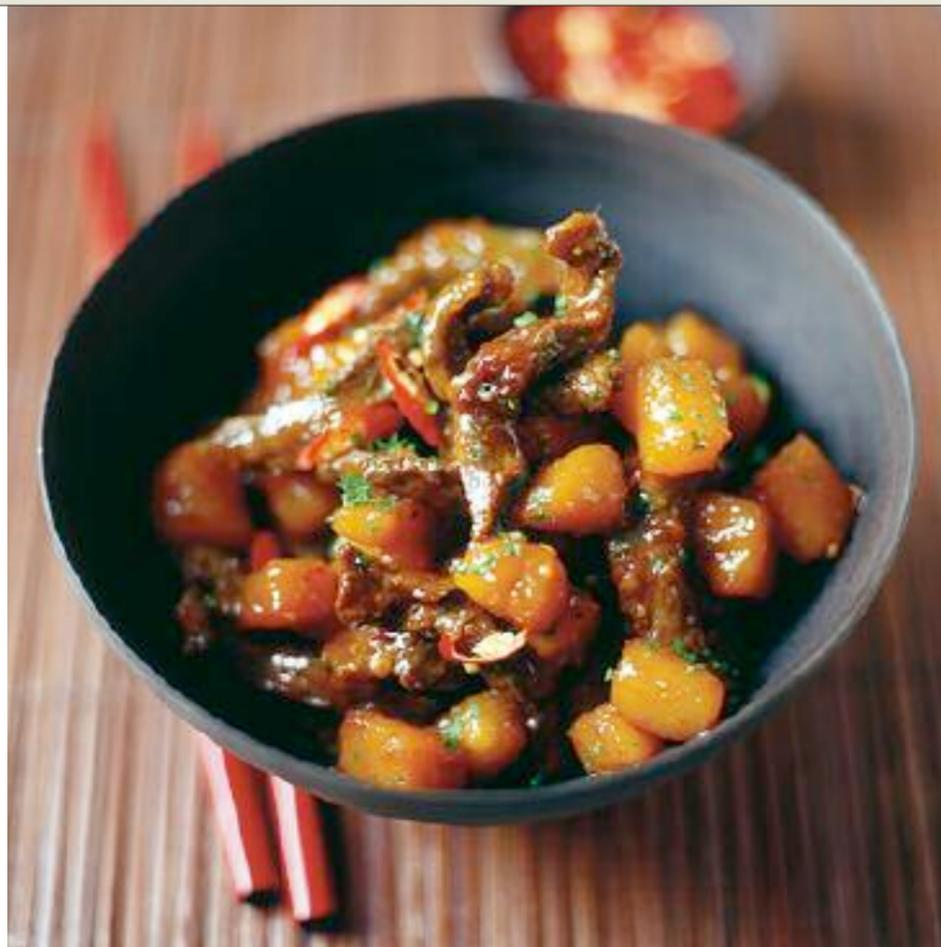
38 meat

R Y L A N D

P E T E R S

& S M A L L

LONDON NEW YORK



4 skinless chicken breasts, cut into thin strips
1 tablespoon sesame seeds
2 tablespoons peanut or vegetable oil
1 onion, peeled and thinly sliced
2 spring onions/scallions, green parts only, thinly sliced on the diagonal, to garnish
rice or noodles, to serve

For the marinade

1 tablespoon light soy sauce
1 tablespoon Chinese rice wine
2 teaspoons finely grated fresh ginger
2 garlic cloves, crushed
1 teaspoon cornflour/cornstarch

For the sauce

80 ml/¼ cup light chicken stock
freshly squeezed juice and finely grated zest of 1 large unwaxed lemon
3 tablespoons honey
1 tablespoon light soy sauce
1 teaspoon sesame oil
2 teaspoons cornflour/cornstarch

Serves 4

50 poultry

Why order out when you can knock up this fresh-tasting, healthy take on the perennial Chinese favourite quickly and easily? Don't worry if you can't find Chinese rice wine, simply substitute with dry sherry.

lemon chicken with toasted sesame seeds

To make the marinade, combine all the ingredients in a bowl and mix well. Stir in the chicken, cover and marinate in the fridge for 20–30 minutes.

Meanwhile, to make the sauce, put all the ingredients in a bowl with 2 tablespoons cold water, stir to combine and set aside.

Heat a wok or frying pan/skillet. When hot, add the sesame seeds and stir over medium heat for about 2 minutes, or until lightly toasted. Remove from the heat and set aside.

When you are ready to cook the chicken, heat 1½ tablespoons of the peanut oil in a wok or large frying pan/skillet until very hot. Add half the marinated chicken and stir-fry for 3–4 minutes until golden brown and well sealed all over. Spoon out into a dish and repeat with the remaining chicken. Set aside.

Add the remaining oil to the wok or pan/skillet and throw in the onion. Stir-fry for 2–3 minutes until softened and golden. Pour in the sauce and bring to the boil, then reduce the heat and simmer for 1 minute.

Return the chicken to the wok or pan/skillet and stir through the sauce. Simmer for 2 minutes, or until the chicken is cooked through. Remove from the heat. Serve immediately over rice or noodles with the toasted sesame seeds sprinkled over the top and garnished with the sliced spring onions/scallions.

