

Sea Vegetable Stir Fry

Recipe by: Chef Elaine R. Cwynar, CCP

Yield: 8 servings

Ingredients

For the vegetables

2 tablespoons peanut or canola
2 cups Vidalia onion, peeled, sliced, ½-inch
4 tablespoons garlic cloves, peeled, minced
2 cups broccoli florets, cut 1-inch
¼ cup orange juice
1 ⅓ cups yellow bell peppers, ½-inch strips
1 ⅓ cups red bell peppers, ½-inch strips
2 cups baby bok choy, sliced, ½ inch strips
with green tops
1 ½ cups summer squash
3 ½ cups mushrooms, enoki, split apart, or
baby portabellas, sliced ½ inch
¼ cup kelp, fresh or rehydrated,
sliced 1/8 x 1/8 x 1 to 2-inch, julienne



For the rice

1 tablespoon peanut oil
1 ½ cups jasmine or basmati rice, dry
2 ¼ cups vegetable stock or water

For the sauce

4 tablespoons peanut butter
½ cup orange juice
2 tablespoons liquid amino acids
2 tablespoons sambal chili sauce
2 tablespoons sesame oil
2 tablespoons ginger juice, fresh from 1, 4-inch peeled piece grated, squeezed
1 tablespoon triple blend flakes (dulse, laver, sea lettuce), (optional)
½ teaspoon dulse flakes, (optional)

For the garnish

¼ cup scallions, chopped on a bias, ¼ inch
2 tablespoons sesame seeds, black, white or both for garnish

Method of Preparation

1. Heat a large wok or sauté pan over medium-high heat. Add the peanut or canola oil until it shimmers.

(Method of Preparation continues on next page)

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2. Add sliced onion and toss until translucent, add garlic cook for 30 seconds. Add broccoli and toss for 30 seconds. Add orange juice and stir until the moisture evaporates. Add peppers, bok choy and squash. Toss until they are softened about 3-4 minutes.
3. Add mushrooms and kelp. Stir-fry for 30 seconds and cover the pan for two minutes steam naturally.
4. *For the rice:* Heat a medium saucepot to medium heat, add the peanut oil and heat until it shimmers, add the rice and coat with the oil. Add stock, stir once, and cover. Reduce the heat to low and let simmer for 15 minutes.
5. *For the sauce:* in a bowl, whisk together the peanut butter, orange juice, liquid amino acids, chili sauce, sesame oil and ginger juice. Add sea vegetable triple blend flakes or dulse flakes, if desired for a more umami profile.
6. Add the sauce to the steaming vegetables and stir thoroughly for two minutes to ensure even coating on all ingredients and reach a temperature of 135 degrees.
7. Fluff the rice and portion a half cup for each serving.
8. Drape four ounces of hot vegetables over the rice and garnish with scallions and sesame seeds.

Chef's notes: Sea vegetables add vitamins, minerals and umami to a classic stir-fry. Add tofu, seitan or tempeh for more protein. Use buckwheat, or soba noodles or brown rice as the base. Incorporate any vegetables such as carrots, celery, or asparagus. Hold hot at or above 135°F for service.

Nutritional Analysis:

Calories: 341
Carbohydrates: 47 g
Sodium: 329 mg
Protein: 9 g
Total Fat: 14 g
Saturated Fat: 2 g
Fiber: 3.5 g