

Stir-fried Watercress

Ingredients

1 1/2 T Vegetable Oil
1/2 t Ginger (julienned)
2 clv Garlic (minced)
0 ds White Pepper
0 ds Sugar
1/4 t Salt
0 ds Sesame Oil
1 Watercress (bunch)

Instructions

1. Place your wok over medium high heat, and add the oil, spreading it around to coat the surface of the wok.

2. Add the ginger, letting it caramelize and infuse the oil. Take care not to let it burn. Add the minced garlic, and give it a stir. Immediately add the watercress. Turn the heat up to high.

3. Stir-fry the watercress for 20 seconds to evenly distribute the ginger, garlic and oil. Once mixed, move all of the watercress to the center of the wok in a small pile, and cover the wok.

4. After 45 seconds, uncover the wok. There should be plenty of steam at this point. Use a circular stirring motion to drag the pile of watercress and some of the liquid around the sides of the superheated wok. Stirring the watercress against

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the hottest and driest part of the wok will generate that wok hay flavor. Gather the watercress back in the middle of the wok. This step should take no more than 20 seconds.

5. While you wait for the sides of the wok to reheat, add the white pepper, sugar, salt, and sesame oil. Stir-fry the mixture again to mix in the seasonings.

6. Use your wok spatula to scoop the watercress onto a shallow rimmed bowl, making sure to get the remaining liquid.