

# Sweet and Sour Stir-fry



Sweet and Sour was a favorite flavor of mine as a young man. This stir-fry sauce, with the sweetness of pineapple juice, and the zing of vinegar is an old standby. I add a little Asian garlic/chili sauce to give the taste buds an extra jolt.

Bok Choy, peppers, sweet onion, mushrooms, water chestnuts and fresh pineapple create an absolute orgy of flavors. Wrap it all in a slightly spicy sweet and sour sauce and serve it over wholesome brown rice to get this classic Sweet and Sour Stir-fry.

**Preparation time: 40 minutes - Servings: 2 plus leftovers**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize your ingredients on the countertop before you start cooking. This is particularly helpful when doing stir-fry. Chop 3 cloves of garlic: 2 cloves for Sweet and Sour sauce and 1 clove for Stir-fry. There are two different onion preps: 3 T. chopped for the Sauce, 3/4 C. sliced for the Stir-fry.

### Brown Rice

1 C. uncooked brown rice  
2-1/4 C. water  
1/2 tsp. coconut extract  
1/3 C. nonfat milk

### Plant-based Choice or Optional Chicken

#### Plant-based Choice:

6 Chickenless Tenders

#### Optional Chicken:

1 tsp. olive oil  
1 boneless, skinless chicken breast  
1/2 C. white wine

### Sweet and Sour Sauce

1 tsp. sesame oil  
2 cloves garlic (smashed and chopped)  
3 T. yellow onion (finely chopped)  
1/2 C. white wine  
1 small (6 oz.) can pineapple juice  
2 T. catsup  
1/4 C brown sugar  
2/3 C. low-sodium vegetable broth  
3 T. low-sodium soy sauce or tamari  
1/2 C. rice wine vinegar  
1/2 tsp. Asian pepper sauce

2 T. cornstarch  
mixed with  
1/2 C. water  
juice from 1/2 of a lime

### Stir-fry Ingredients

1 tsp. sesame oil  
2-1/2 C. sliced, white or crimini mushrooms

1 tsp. sesame oil  
1 clove garlic (smashed and chopped)  
3/4 C. sliced onion (coarsely chopped)  
2/3 C. red bell pepper (cubed)  
2/3 C. green bell pepper (cubed)  
2 bunches chopped, baby bok choy  
(leaves and stems chopped separately)  
1 C. fresh pineapple (chopped)  
one 6 oz. can water chestnuts (drained)  
one 6 oz. can bamboo shoots (drained)  
1 tsp. soy sauce  
1/4 C. low-sodium vegetable broth  
juice from 1/2 of a lime  
1 large Roma tomato (chopped)

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Start by putting the rice on to cook. Bring all brown rice ingredients to a boil, reduce heat to med-low, cover and set a timer for 25 minutes.

Make the Sweet and Sour Sauce early. Once made, the sauce will hold while you finish cooking everything else. Store leftover Sweet and Sour Sauce in the fridge in a jar with a tight-fitting lid.

### Sweet and Sour Sauce

1. In a medium saucepan, sauté 2 cloves chopped garlic and finely chopped onion in sesame oil until garlic begins to brown. Add white wine and bring to a boil.
2. Add remaining sauce ingredients (except cornstarch mixture) and bring to a boil. Boil 2 minutes.
3. Thicken with cornstarch/water mixture and reduce heat to low. Cook over low heat for 5-minutes. Remove from heat. Squeeze juice from 1/2 of a lime into sauce once you remove it from heat.

### Plant-based Choice:

### Plant-based Choice or Optional Chicken

Preheat oven to 375°. Place Chickenless Tenders on an oiled cookie sheet and cook 8 minutes per side. Allow to cool and chop before adding to stir-fry.

### Optional Chicken:

Brown chicken breast in oil. Add 1/2 C. white wine, cover, reduce heat to medium-low and cook 5 minutes per side. Season with a little salt and pepper. Let cool. Slice and chop before adding to stir-fry.

### Stir-Fry/Plate Meal

1. Using a deep-sided sauté pan or wok, brown mushrooms in oil. Remove from pan and set aside.
2. Using another teaspoon of oil, add garlic, onion, peppers and bok choy stems to the pan. Toss over high heat until onions begin to brown.
3. Add pineapple, drained water chestnuts, bamboo shoots, soy sauce and broth to the pan. Toss 1 minute and add chopped Chick'n, chopped bok choy tops and browned mushrooms to pan.
4. Drizzle with lime juice and toss 1-minute. Pour 3/4 C. Sweet and Sour Sauce over vegetables and heat until sauce starts to bubble. Remove from heat and serve.
5. Re-warm rice in microwave if it has cooled. Pack 2/3 C. warm rice per serving into a measuring cup or soup ladle to shape and drop in center of the plate. Cover with 1-1/2 C. stir-fry. Drizzle each serving with an extra 1/4 C. Sweet and Sour Sauce and top with chopped tomato.

### What I've Learned from this Recipe

Cook stir-fry ingredients quickly over high heat. You want to keep the vegetables crisp and firm.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)