

Hot 'n' Sour Stir-fried Kale

This kale dish is based on a favorite Hot n' Sour Soup from a Seattle restaurant. Tonight we skip the soup part and add more vegetables, specifically kale. This cozy comfort-food version of stir-fry combines hot, savory, sweet and sour flavors with lots of texture.

As this is referred to as a Hot'n' Sour dish, it uses cayenne pepper. The recipe calls for 1/8 tsp. to 1/4 tsp. cayenne. If you have a low tolerance for hot foods use 1/8 tsp!

Preparation Time: 40 mins. - Servings: 2

Organize Your Ingredients!

Notes on Organizing

I like to prep and organize ingredients so they are easy to add. Cooking's more fun when everything you need is right at your fingertips. There are 2 different onion preps today: 2/3 C. sliced red onion for the Hot n Sour Kale, and 1 chopped green onion for the garnish.

Brown Rice

1 C. brown rice
and
2-1/4 C. water

Final Additions

1 tsp. canola oil
2 eggs (lightly whisked)

1/2 C. frozen peas
2 squares homemade marinated/
grilled tofu
or
1 package commercial Asian-style
marinated and baked tofu

Hot 'n' Sour Stir-fried Kale

1 tsp. sesame oil
1-1/2 C. cremini mushrooms (sliced)

1 tsp. sesame oil
2 cloves garlic (smashed and chopped)
2/3 C. red onion (sliced)
1 - 1/2 C. low-sodium vegetable broth
2 tsp. low-sodium soy sauce

2 T. cornstarch
dissolved in
1/2 C water

1/8 - 1/4 tsp. cayenne pepper (to desired hotness)
1/4 C. rice wine vinegar
3 T. white granulated sugar

1 bunch fresh kale (chop leaves only - discard stems)
1/4 C. fresh cilantro (chopped)
one 6 oz. can sliced water chestnuts (drained)

*First Thing
Put Rice on to Cook!
Set a timer for 25 minutes*

Garnish

1 medium tomato (chopped)
1 green onion (chopped)
juice from 1/2 of a lime

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Once rice has come to a boil, is covered and is simmering, you are ready to continue. Most of the meal is prepared in a wok or a high-sided kettle. A final small fry pan will be needed to scramble the eggs.

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1. In a deep-sided kettle or wok, cook mushrooms in sesame oil until they brown. Remove from pan and set aside.
2. Add another tsp. sesame oil to the same pan. Drop in prepped garlic and onion and toss over medium-high heat until garlic begins to brown.
3. Add broth and soy sauce to pan. Bring to a boil and thicken with cornstarch mixture. Reduce heat to low and continue cooking 7-minutes, stirring often.
4. Add cayenne pepper, rice wine vinegar and sugar and return to a boil. Reduce heat slightly and thicken sauce with cornstarch mixture. Cook over low heat for 5 minutes.
5. Stir in chopped kale leaves, cilantro and drained water chestnuts. Return to a boil and cook 4-minutes.
6. Return browned mushrooms to the pan. Leave on burner to simmer.

Final Additions

1. Using a separate pan, scramble two eggs in canola oil.
2. Stir scrambled eggs into stir-fry.
3. Add frozen peas to the stir fry and toss once more.
4. Break tofu pieces into the pan, turn up heat and toss until liquid returns to a boil.
5. Remove kettle or wok from heat until you're ready to serve the meal.

Plate and Garnish

1. Warm 1-1/3 C. cooked rice for 1-minute in microwave (if needed). Pack rice in a ladle to shape each serving. Place rice in center of flat serving bowls or plates.
2. Ladle 2 C. stir-fry around each mound of rice.
3. Garnish each plate with chopped tomatoes and green onions.
4. Squeeze a little lime juice over each serving.

What I've Learned from this Recipe

You'll notice that I often squeeze lemon or lime juice over a serving of vegetables. The acidity of the citrus brings the flavors forward. Adding the glutamate of tomatoes and the ping from fresh chopped green onions finishes making the flavors jump.

Let us know what you think and ask any questions you may have. chezdon@plate6.com