

# SPOTLIGHT RECIPE



## Shrimp Stir-Fry With Yummy Sauce

- Combine the sugar, broth, ketchup, rice vinegar and sesame oil. Blend well. Hold the sauce on the side.
- Pat the shrimp dry and place in a bowl. Toss with the cornstarch.
- Heat a wok or large frying pan on high heat until a bead of water sizzles and evaporates upon contact. Add the cooking oil and swirl to coat. Add the cornstarch-coated shrimp to the wok and spread out in 1 layer. Let fry untouched for 1 minute. Flip and fry the other side for another minute. Remove the shrimp from the frying pan, keeping as much oil in the pan as possible.
- Return the pan to the stove. Add 1 teaspoon of cooking oil, if needed. When the pan is hot, turn the heat to medium, and then add the garlic and the ginger and fry for 15 seconds until fragrant.
- Pour in the sauce mixture and bring to a boil. Add the cooked shrimp back to the wok and let simmer an additional minute until the shrimp are cooked through.
- Serve on a bed of shredded lettuce and top with garnish of sliced green onions.

## Ingredients

Makes 12 servings

- 6 teaspoons sugar
- 1 1/2 cups chicken or vegetable broth
- 9 tablespoons ketchup
- 3 teaspoons rice vinegar (or white vinegar)
- 1 1/2 teaspoons sesame oil
- 3 pounds raw shrimp, deveined
- 6 teaspoons cornstarch
- 6 tablespoons canola, vegetable or peanut cooking oil
- 4 garlic cloves, minced fine
- 3 teaspoons grated fresh ginger
- 3 tablespoons green onion, sliced fine
- 3 cups shredded iceberg lettuce

Side dishes

- Vegetable Lo Mein
- Steamed Broccoli

