

Shrimp and Romaine Heart Stir-Fry

Serves 4

Cook time: less than 10 minutes

1/3 cup low-sodium veggie broth

¼ cup soy sauce

2 Tbs. rice wine vinegar

1 TBS honey

1 ½ tsp. corn starch

3 Tbs. neutral oil, such as veggie or peanut

1 ½ lbs. shrimp, peeled and deveined

1 cup sliced shiitake mushrooms

3 or 4 dried red chilies (de Arbol or Chinese)

1 Tbs. fresh ginger, minced or grated

5 cloves garlic, minced

2 romaine hearts, sliced crosswise into 2" pieces

To make the sauce, combine the first 5 ingredients in a small bowl and whisk to combine. Even better would be to combine them in a mason jar, screw on the lid and shake well. Set the sauce aside until needed.

Heat a large, heavy bottomed skillet over med/high heat for at least 2-3 minutes. Have everything ready to go before adding oil to the skillet and always keep the content of the skillet moving or "stir-frying". Now...ready, set, let's go!!!

To the skillet add the following:

- 1) veggie oil
- 2) garlic, ginger and chilies -- 45 seconds
- 3) mushrooms -- 1 minute
- 4) shrimp -- 2 minutes
- 5) romaine -- ½, 30 seconds -- other ½, 30 more seconds
- 6) sauce -- until thickened, about 1-2 minutes

Get this off the heat immediately and serve over white rice. Enjoy!!!

Chef Justin Vickery

Shrimporee 2007

Aransas Pass, TX