



You will need: a vegetable peeler, a knife, a large frying pan, a wooden spoon, three garlic cloves, a knob of fresh ginger, a half pound of vegetables (go for a good combo of colors and textures, e.g., mushrooms, snap peas, and peppers), vegetable oil, salt, sherry or white wine, soy sauce

Step
1



Peel the garlic and ginger, and **chop** finely.

Step
2



Chop the other vegetables into pieces roughly the same size.

Step
3



Heat the frying pan over high heat, coat the bottom with **vegetable oil**, and heat until the oil is shimmering but not smoking. Add the **ginger and garlic**, and **stir**.

Step
4



Add the **denser vegetables**, for example, carrots, broccoli, cauliflower, or eggplant. Season with **salt**, and **stir**.

Step
5



When the garlic turns golden brown, add **the rest of your vegetables**. Season with more **salt**. Do not cover the pan. **Stir** every couple of minutes, until the vegetables are tender but not mushy. Turn off the heat.

*From the store to the kitchen to the table: We outline the steps that get you from something raw to something cooked using simple ingredients, free of measurements and complicated techniques. A method that you can have in your back pocket and whip out whenever you like. We call it recipe-free cooking.

Illustrations by Bill Russell. Find this online at www.chow.com/stories/11301.



Add a few spoonfuls each of **sherry or white wine and soy sauce**. Stir.



Serve over steamed **white or brown rice**.