



## Everyday Recipe Guide

This guide is not designed to provide individual recipes as much as it is to encourage cooking similar types of meals no matter what vegetables appear in your share. The ingredients in the recipe templates can be mixed and changed depending on the season or what you have left in the refrigerator. These are “Tuesday Night Recipes.” The kind of night where you are a little short on time or ideas and just need to put something healthy and reasonable on the table. Many people cling tightly to their recipes, they need the exact measurements and temperatures, and that is perfectly fine. This guide will hopefully provide enough structure for those who like recipes while still encouraging flexibility and experimentation. We encourage everyone to try these “recipes” out, make a few mistakes, and just make the most out of the beautiful produce you will be receiving this season. The recipe templates come in four categories: soups and stews, salads, grain bowls, and stir-fry.

# Soups and Stews

Everyone knows soups and stews, and many of you even make them regularly. Soup can be hot or cold, though most soups are served hot. They can be smooth or chunky and can taste sweet or spicy, rich or bright. Soups are often thought of as a side dish or a starter, but they can be brought up to the level of main dish by adding meat, beans, tofu or tempeh. Even just keeping the vegetables chunky or making a more hearty stew can keep you feeling fuller, longer. Smooth, blended soups are delicious, because they release more of the flavor and meld everything together, but they are a bit more quickly digested. Bread and cheese can be added as a side for your soup to make it an easy meal. Another great quality to soups and stews is that they provide a one pot meal that can be made to any quantity. It's easy to make a little extra so that you have some for another night or for lunch the next day.

The highest priorities for making a great soup or stew is to start with a good stock, use quality ingredients, and never forget to season. Most of the soups or stews that you can make from New City Farm vegetables will pair well with vegetable, chicken, or beef stock. Mushroom stock works well for some hearty vegetable soups (especially those with mushrooms in it), and fish stock can be used to make amazing seafood stew. Not all soups require stock. Many soups with a tomato base, or lighter, fresher summer soups are often muddled by rich stocks and need only water and the ingredients of the soup itself. Knowing it is possible to make soup without a stock is not an excuse. This is one of the most skipped parts of soup making, and it shouldn't be. There are several stocks and broth bases that can be purchased at the store that are low in sodium and contain real ingredients. Better Than Bouillon brand makes a paste that is made of actual ingredients rather than salts and chemicals and they even have organic options. Just mix a small amount of the paste with hot water and you have a stock. Most grocery stores have several premium stocks or broths available in jars or cartons for a very reasonable price. Of course it is also very possible, and not as hard as you might think, to make your own stock.

## \* How to Make a Stock \*

Vegetable stock is a great place to start, especially with all of the extra vegetable parts you might have lying around from your share. After making a meal, try keeping some of the scraps from the vegetables you cut. Onion ends (take off as much of the papery skin as possible), clean carrot peels, celery or leek tops can all be put in a paper bag, added to, and kept in your refrigerator for a few days until you are ready to make the stock. If you do not have enough vegetable peels when the time comes, you can just add whole peeled onions, carrots, celery, celeriac, leeks, or scallions. To make stock, add your vegetables and flavoring herbs and spices to a large cooking pot and cover with cold water. Some popular herbs to add to stocks are bay leaf, thyme, parsley, rosemary, sage, and savory. Bay is probably the most important, followed by thyme or parsley. You can also add whole peppercorns to the stock to give a sharp depth to the flavor, but hold off on salt until later. You can always add salt when you are making your soup, but you can never take salt out once you've added it. There are some occasions

where you might like to concentrate the stock (boil off more water to make it intensely flavored), but if it's already seasoned, your concentrate will be way too salty.

Bring the pot to a boil for five minutes and then reduce to a simmer. Skim off any scum that floats to the top of the water and discard. Let the stock simmer for 45 minutes before taking it off heat. Set the pot aside for a few minutes to let any dirt or sediment fall to the bottom. Strain the liquid through mesh into another container so that none of the vegetables, herbs, or sediment go through. This is your vegetable stock. It should have a tan color but only a bit of taste. Once you add it to a soup and season with salt the flavors will come out. This is only the starting point for a great soup. You can use this stock immediately or you can separate a large batch and freeze it for later use.

Chicken and beef stock starts from the same place as vegetable stock, but you add the bones and clinging bits of meat of either a chicken or a cow. When making meat stock you must simmer it for a lot longer to extract the flavor and gelatin out of the bones. Chicken stock should simmer for at least six hours and beef stock for at least eight. When simmering something this long, you may have to add water a few times. This is a great way to use all of the animal. Always buy meat "bone on." After chicken night, just keep the leftover bones in the fridge for a few days until you are ready to make a stock.

#### \* How to Make a Soup \*

Once you have a stock, you are ready to make your soup. Most soups start with aromatic vegetables like the French culinary trio called mirepoix- onions, carrot, celery (Italians call it soffritto). Scallions, leeks, or shallots can all be used with or in place of onions. Garlic is usually added at this beginning stage of the soup and ginger can be added for a more spicy or asian flair. Saute your aromatics in a soup pot over medium heat with a little oil or butter until they soften and the onions become translucent. Add some stock to the pot when the aromatics are soft to prevent them from burning. Bring the stock to a boil, and add your other ingredients.

For a soup that will be blended smooth, cooking order does not matter because everything will be fully cooked and pureed. For chunky soups or stews, remember that different vegetables cook at different speeds. In general, the harder the raw vegetable is, the longer it takes to cook. Add harder vegetables to the soup first. Spinach or heavy greens like kale, collards, and chard can be held toward the end of the soup cooking. Also take into account the size of your cuts. Smaller cut vegetables cook faster than larger cut. Meat should be cooked in the pot before anything else is added to insure proper doneness. You can keep the meat in your pot, and add the aromatic vegetables around it, or you can set the meat aside and cook the aromatics in the same pot so the flavors stay with the soup (add the meat back in at the end). Grains and beans are best cooked separately and added at the end to prevent overcooking.

#### \* Recipes \*

The following recipes should be treated as templates. Ingredients can easily be substituted or left out. Try them each a couple of different times in a couple of different iterations, and we promise you will learn a lot about soups and the vegetables in them.

## Hearty Vegetable and Grain Soup

2-3 cups	Cooked barley, wheat berries, rice, etc. (cooked separately)
2 medium	Onions, diced
2 cloves	Garlic, minced
1-2 tsp.	Favorite dried or fresh green herbs (rosemary, thyme, parsley, etc.)
1	Bay leaf
2 medium	Carrots, diced
2 stalks	Celery (or 1 cup celeriac), diced
3-4 cups	Mixture of potatoes, turnips, radishes, parsnips, winter squash, beets, broccoli, or cauliflower, etc., largely diced
2-3 cups	Kale, chard, collards, spinach, or cabbage, diced or shredded
to preference	Vegetable, beef, or chicken stock, or water
to taste	Salt and pepper

Cook barley or other grains separately until done, drain and set aside. In a large soup pot on medium heat, cook onions for three minutes in oil, add garlic, carrots, and celery. Cook until onions are translucent and add stock and dried herbs. Turn up heat to boil and then reduce to a simmer. Add firmer vegetables that require more cooking time (turnips, radishes, parsnips, beets, etc.) and cook for a few minutes. Add vegetables that require a bit less cooking time (potatoes, broccoli, cauliflower, etc.) and cook for a few more minutes. Finally, add vegetables that require little cooking time (winter squash, kale, cabbage etc.) or fresh herbs if using, and cook until everything is tender but not overdone. Add cooked grains and add more stock to cover vegetables if necessary. Season with salt and pepper and taste to check seasoning.

\*Lentils, beans, or meat (especially beef) go well with this recipe if more protein is desired

## Smooth Vegetable Soup

### Base:

1 large	Onion, diced
1 large	Carrot, diced
1	Bay leaf
2 medium	Starchy potatoes
3-4 cups	Vegetable or chicken stock (plus more if thinning needed)

### Option 1 (beet):

6 medium	Beets, diced
2 medium	Carrots, diced
to taste	Dill, caraway, or other preferred spice

**Option 2** (carrot and ginger):

1 clove	Garlic, finely diced
3 Tbsp.	Fresh ginger, finely diced
4 large	Carrots, diced

**Option 3** (squash and apple):

4-5 cups	Winter squash, diced
2 cups	Apples, diced
1 tsp.	Cinnamon
¼ tsp.	Nutmeg

**Finish:**

1 cup	Cream or coconut milk
to taste	Salt and pepper to taste

Cook first set of ingredients (base) in a pot with a little oil or butter. Add stock and potatoes and bring to a boil before turning down to a simmer. Add the vegetables from one of the three options, and cook until everything is very soft. Puree in a blender or use an immersion blender (stick blender) in the cooking pot. Add the cream to a separate bowl and add a cup of hot blended soup to the cream. Mix together and then add back to the remaining soup. Mix the soup and add salt and pepper to taste.

### Tomato and Bean Soup

2-3 cups	Cooked beans (navy, great northern, garbanzo, or kidney) or lentils (preferably green)
2 medium	Onions, diced
2 cloves	Garlic, minced
1-2 tsp.	Dried or fresh basil and parsley
1	Bay leaf
2 medium	Carrots, diced
2 stalks	Celery (or 1 cup celeriac), diced
2-3 cups	Broccoli, cauliflower, sweet peppers, summer squash, green beans, etc.
2-3 cups	Kale, chard, collards, or spinach, diced or shredded
2 cups	Vegetable, chicken stock, or water
3-5 cups	Canned or fresh tomatoes
1 Tbsp.	Lemon juice or red wine vinegar
to taste	Salt and pepper

If starting with dried beans or lentils, cook until done, drain and set aside. In a large soup pot on medium heat, cook onions for three minutes in oil, add garlic, carrots, and celery. Cook until onions are translucent and add stock and half of tomatoes and their juice. Turn up heat to boil

and then reduce to a simmer. Add vegetables and cook for a few minutes. Add greens and cook until everything is tender but not overdone. Add cooked beans or lentils and add the remaining tomatoes and lemon juice or vinegar. Season with salt and pepper.

\*Chicken goes well with this recipe

# Salads

Like soups, most people are very familiar with salads. When someone uses the word, “salad,” most people think of a bowl of lettuce, but there are many types of salads. Grain or bean salads are very common as well as pasta or potato salads. It might be difficult to make a salad a full meal, but you can stretch things by adding protein and having some bread and cheese to go with it. Try adding boiled or poached eggs to a salad. Beans, nuts, and meat can all be added as well to help make that salad go a little further. Salads also don’t just fall into the greens category. You can make hybrids. Try making a pasta salad, and then add just as much lettuce as pasta. The key to a great salad is a great dressing. The best place to start learning how to make your own dressing is with a vinaigrette.

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## Simple Vinaigrette

1-2 tsp.	Mustard (your favorite kind)
1 small clove	Garlic, finely minced (optional)
½ tsp.	Salt
1 tsp.	Honey or sugar
to taste	Fresh herbs (optional)
¼ cup	Quality vinegar (wine, cider, or rice) or citrus juice (lemon or lime)
¾ cup	Quality oil (olive, vegetable, or peanut)
to taste	Pepper

Blend mustard, garlic (if using), salt, sweetener, and herbs (if using) together with the vinegar in a food processor if you have one. You can also whisk by hand in a mixing bowl. As the food processor runs, slowly add the oil. Start very slowly at first to insure proper emulsion, and then you can speed up towards the end. Extra dressing will last several weeks in the fridge.

\*replace vinegar with equal amounts of fruit vinegar to make fruit vinaigrette, or add small amounts of fresh fruit or fruit juice after adding oil

## Creamy Dressing

2 large else)	Separated egg yolks (discard the whites or save for something
1 small clove	Garlic, finely minced (optional)
½ tsp.	Salt
1 tsp.	Honey or sugar
to taste	Fresh herbs (optional)

1/3 cup	Quality vinegar (wine, cider, or rice) or citrus juice (lemon or lime)
1 cup	Quality oil (olive, vegetable, or peanut)
to taste	Pepper

Separate egg yolks using an egg separator or your hands to be sure no whites make it into the dressing. Add yolks to a food processor with garlic (if using), salt, sweetener, and herbs (if using) together with the vinegar and blend. As the food processor runs, slowly add the oil. Start very, very slowly at first to insure proper emulsion, and then you can speed up when the dressing starts to thicken.

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Once you have a dressing prepared, there is a broad world of salads to use them with. Lettuce and mixed greens salads go great with thinly sliced crisp vegetables, nuts, and dried fruit.

### **Fresh Green Salad**

6-8 cups	Lettuce or mixed greens, sliced or diced or ripped
1-2 cups	Spicy greens (arugula, mustard, mizuna, etc.)
1 cup	Mixture of fresh, crisp vegetables (carrots, radish, salad turnips, fennel, kohlrabi, peas, etc.), shredded or sliced thin
1/2 cup	Nuts (almonds, walnuts, pecans, etc.), toasted and chopped
1/2 cup	Dried fruit (raisins, dried cranberries, apricots, etc.)
to taste	Favorite dressing

Combine all ingredients and toss in a large bowl to incorporate dressing. Serve with boiled eggs, grilled chicken, or beef for more of a meal.

### **Summer Vegetable Salad**

5-7 cups	Lettuce, mixed greens, or spinach, shredded or diced or ripped
3-4 cups	Hearty greens (kale, spinach, etc.), diced
1 cup	Cooked summer vegetables (summer squash, corn, peppers, etc.), diced
1 cup	Raw summer vegetables (tomatoes, peas, cucumbers, etc.), diced
to taste	Favorite dressing

Combine all ingredients and toss in a large bowl to incorporate dressing. Serve with boiled eggs, tuna and olives for a mediterranean taste. Try grilled chicken, crushed, and dried ramen noodles, and soy sauce for a more East Asian taste.



### Fall Salad with Grains

2-3 cups	Lettuce, mixed greens, or spinach, shredded or diced or ripped
3-4 cups	Hearty greens (kale, spinach, etc.), diced
1 cup	Cooked fall vegetables (winter squash, peppers, beets, etc.), diced
1 cup	Cooked grains (barley, wheat berries, quinoa, couscous, etc.)
to taste	Favorite dressing

Combine all ingredients and toss in a large bowl to incorporate dressing. Dried fruits and nuts go very well with this salad. Grilled beef or tofu also goes a long way to making this salad a meal.

### Coleslaw

Shred any mixture of raw cabbage, napa cabbage, bok choy, and carrots with accents of red onions, scallions, beets, brussels sprouts, kohlrabi, radishes, or apples. Try adding nuts or dried fruits if you are going for a slaw with raw apple. Try adding soy sauce, garlic, and sesame seeds for a slaw with bok choy.

For the Dressing:

Use a **4 : 2 : 1** ratio of **mayonnaise : vinegar (cider or wine) : mustard**. Make sure to season with salt and pepper to taste. You can also add a teaspoon or two of sugar or honey to balance out the acid of the vinegar, but that is another ingredient that can be added according to preference.

# Grain Bowls

Grain bowls are sometimes called “bowls of food” or “veggie bowls.” They make for another great mix and match type meal. Start with any type of grain you like (barley, rice, wheat berries, pasta, quinoa, couscous, etc.) for the base. Cook your grain as directed and add any combination of raw or cooked vegetables. You can top with any protein, such as beans, nuts, meat, eggs, tofu, or tempeh. Finish the whole thing off with a dressing or sauce and you have a hearty, rustic meal that is sure to fill you up.

## \* Bowl Ingredients \*

Brown rice, barley, or farro are all great whole grains for starting this meal. Of course there are other options, but these nutty, deep flavored grains tend to do the best with roasted vegetables. You can cook them in water or try replacing some of the water with a little stock for your cooking liquid. The grains will soak the stock up, making for a richer, more nutritious meal. We suggest making a combination of raw and cooked veggies. The best vegetables to saute are onions and garlic, peppers, zucchini, and hearty greens like kale. Mushrooms are also great to saute and add. The best vegetables to roast are beets, turnips, potatoes, winter squash, and any other root vegetables. Marinated tofu can make a great roasted addition as well. Make sure to add raw veggies for a fresh taste amongst all the hearty cooked ingredients. Shredded carrots, beets, and radishes all work really well as does fresh cut greens, particularly spinach or arugula. Top the whole bowl off with some toasted nuts and seeds and a thick dressing-like sauce and you have a delicious, filling, and healthy meal. Try one of the sauces listed below.

## \* Sauce Recipes \*

### **Bliss Sauce**

½ cup	Nutritional yeast flakes
⅓ cup	Soy sauce
⅓ cup	Apple cider vinegar (or wine vinegar)
⅓ cup	Water
2 Tbsp.	Tahini
2 cloves	Garlic
1 ½ cups	Vegetable oil (or olive, peanut, or canola oil)

Blend the first six ingredients in a food processor. Once everything is mixed and smooth, slowly add the oil while the food processor runs. Start very slowly at first to insure proper emulsion, and then you can speed up towards the end. Extra dressing will last several weeks in the fridge.

### **Creamy Avocado Sauce**

1 large	Ripe avocado
1-2 cloves	Garlic
1 tsp.	Honey, maple syrup, or sugar
to taste	Salt and pepper
2-3 Tbsp.	Lemon or lime juice
2 Tbsp.	Apple cider vinegar
1 handful	Fresh cilantro or parsley (optional)
1 large	Jalapeno, stem and seeds removed (optional)
¼ cup	Olive oil (or vegetable, peanut, or canola oil)
¼ cup	Water (you may want more to thin the sauce out)

In a food processor, blend the first six ingredients plus the next two optional ingredients. When everything is smooth, slowly add the oil while the food processor continues to run. After the oil, slowly add ¼ cup of water or more to reach the consistency you desire.

### **Peanut Sauce**

2 cloves	Garlic
2 inches	Fresh ginger, peeled and diced
1 cup	Peanut butter (or almond or pecan butter)
1 cup	Water
3 Tbsp.	Soy sauce
6 Tbsp.	Lemon or lime juice
3 Tbsp.	Honey, maple syrup, or sugar
¼ cup	Vinegar (cider or wine)

Start by blending garlic and ginger in a food processor. Scrape down sides and blend again to insure small pieces. Add the rest of the ingredients and blend until mixed and smooth.

\* Bowl Recipes \*

The next few recipes are meant to be examples of a few different types of bowls that can be made for different flavors or different seasons. As explained in the beginning of this section, you can make a bowl from just about any mixture of these ingredients; these are just examples and are meant to be changed.

### **Fall Veggie Bowl**

6 cups	Barley (or farro or wheat berries), cooked
1 ½ cups	Vegetables (onions, leeks, garlic, kale, collards, chard, or sweet peppers), diced and sauteed
2-3 cups	Vegetables (potatoes, sweet potato, turnips, or winter squash), diced and roasted
2-3 cups	Vegetables (carrots, beets, radish, or cabbage), shredded raw
2 cups	Beans (kidney, garbanzo, or black), cooked
2 cups	Greens (spinach, arugula, or cut greens), shredded raw
1 cup	Nuts (walnuts, cashews, or almonds) and seeds (sesame, or sunflower), toasted
pumpkin,	
to taste	Salt and pepper
to taste	Bliss sauce, avocado sauce, or favorite sauce or dressing

Start with the roasted veggies as they take the longest. Cut the longest cooking vegetables (like turnips or carrots) small and the shortest cooking vegetables (like winter squash) a little larger. Toss in oil and salt and bake in a 375 degree oven for about 30 minutes or until tender. Cook grains as specified on the package, drain and set aside. Cook beans as specified (or open canned beans), drain and set aside. While the grains are cooking, saute the other vegetables that aren't being roasted in a pan over medium heat until the onions or leeks are soft and translucent. Prepare the other ingredients. When everything is done cooking, construct your bowls. Spoon grains into large bowls, top with cooked vegetables, beans, then shredded raw vegetables, nuts, and greens. Finally, allow everyone to apply their own sauce. Serves 4-6.

### **Asian Rice Bowl**

6 cups	Rice (brown or white), cooked
3 cups	Chicken, pork, beef, tofu, or tempeh, grilled and diced or shredded
2 cups	Vegetables (onions, leeks, garlic, ginger, eggplant, mushrooms, and sweet or hot peppers), diced and sauteed
2-3 cups	Vegetables (carrots, radish, bok choy, tatsoi, or cabbage), shredded raw
1 cup	Nuts (cashews, peanuts, or almonds) and seeds (sesame, pumpkin, or sunflower), toasted
1 cup	Fresh herbs (cilantro or thai basil), minced
to taste	Salt and pepper
to taste	Peanut Sauce or favorite soy or sesame-based sauce or dressing

Cook the rice as specified on the package and set aside. Grill your meat or protein while the rice cooks. While the meat rests, start cooking the onions, garlic, ginger and other vegetables in a pan over medium heat until the onions are soft and translucent. Prepare the other ingredients.

When everything is done cooking, construct your bowls. Spoon the rice into large bowls, top with cooked vegetables, then shredded raw vegetables, then meat or tofu, nuts, and herbs. Finally, allow everyone to apply their own sauce. Serves 4-6.

### **Mediterranean Bowl**

6 cups	Couscous (or bulgur, pasta, or wheat berries)
2 cups	Vegetables (onions, garlic, spinach, eggplant, zucchini, or sweet peppers), diced and sauteed
2 cups	Vegetables (broccoli, cauliflower, or potatoes), diced and roasted
2 cups	Vegetables (carrots, radish, or kohlrabi), shredded raw
2 cups	Beans (garbanzo or navy), cooked
2 cups	Greens (arugula or cut greens), shredded raw
1 cup	Olives, pitted
1 cup	Tomatoes, diced raw
to taste	Salt and pepper
to taste	Italian, Greek, or Tahini dressing

Start with the roasted veggies as they take the longest. Toss in oil and salt and bake in a 375 degree oven until tender. Cook grains as specified on the package, drain and set aside. Cook beans as specified (or open canned beans), drain and set aside. While the grains are cooking, saute the other cooked vegetables in a pan over medium heat until the onions or leeks are soft and translucent. Prepare the other ingredients. When everything is done cooking, construct your bowls. Spoon grains into large bowls, top with cooked vegetables, beans, then shredded raw vegetables, olives, tomatoes, and greens. Finally, allow everyone to apply their own sauce. Serves 4-6.

# Stir Fries

A stir fry is a meal named after the asian cooking method used to make it. Most people associate the wok with this style of cooking, and that is an appropriate connection, but it doesn't need to be made in a wok. The most important thing for stir fry meals is that small pieces of vegetables or meat are being cooked quickly over high heat. Although it is a good idea with all cooking, this method more than any other requires that you prepare all the raw ingredients before beginning the cooking process. After everything is cut and ready to go you can start heating your pan.

Because we are cooking at such high temperatures, it is important to consider both the cooking vessel and the cooking fat. Wok's are most commonly used because a small amount of energy can be focussed and used efficiently to make the pan very hot. As things cook, they can be pushed away from the bottom and up the sides for other ingredients to be cooked in their place. Real woks are usually made of cured carbon steel. These are great under high heat and once cured, have similar properties to the best non-stick pans. Teflon pans are dangerous to use above medium heat because of the gases and particles that are released from the coating when they are submitted to a high temperature. An alternative that is more commonly found in North American households is cast iron. It functions very well at high temperatures.

The fats that are used are also important. Some oils, like olive oil, are healthy and great for you uncooked or at low temperatures, but they begin to break down and become unhealthy or taste bad once they are exposed to higher heats. Butter is also better suited to lower temperature cooking, because it begins to smoke and discolor after too much heating. Vegetable, canola, coconut, and peanut oils all usually hold up to heat well, but there is some variance from brand to brand. Sesame oil can also take higher heats and the flavors mix well with several kinds of stir fry, but it loses its flavor if it is cooked too long.

After you've chosen the vessel and the cooking fat, you can conceptualize your stir fry dish. Sometimes stir-fries are just vegetables or meat cooked and then served over cooked rice. Other times rice or noodles are thrown into the cooking vessel with the cooking vegetables. As with all recipes in this cookbook, try it several ways to see what you like best. Spring and summer vegetables tend to do the best in stir fries. Fall and root vegetables often need too much cooking for the quick flash of heat that stir frying produces. The best vegetables to use are those which taste good both raw or cooked like carrots. You can also try radish, kohlrabi, celery, salad turnips, peppers, fresh beans, peas, zucchini, bok choy, swiss chard, spinach, and cabbage. Of course there are all sorts of other options. For harder, longer cooking vegetables like carrots, make sure that they are thinly sliced to keep cooking times lower.

When choosing proteins consider if you need to cook it through entirely (like chicken) or if it can be eaten only partially cooked (like steak or tofu). Meat that needs to be cooked entirely should be the first thing in the hot pan and be fully cooked before adding anything else to insure it is done by the end of the process. After meat usually comes onions, scallions, garlic, and

ginger as well as harder vegetables (especially carrots). Once those have softened a bit, add vegetables that need slightly less cooking like peppers, zucchini, kohlrabi, or greens like bok choy. Finish with light and fragile vegetables like herbs or lighter greens as well as your cooked rice or noodles if they are included. Finally, don't forget to add your sauce and give it a minute to thicken and coat all the stir fry ingredients. That brings us to perhaps the most important part of stir fry meals, the sauce.

\*        Sauces        \*

Most stir fry sauces attempt to balance the five flavors that we perceive. They have elements of sweet, sour, bitter, salty, and umami (savory). You can play with some of the recipes provided here by switching similar tasting elements. For instance, a recipe might call for lemon juice, but lime juice or cider vinegar would substitute well for the acidic element that provides the dish's sour taste. A recipe could call for honey, but maple syrup or sugar could work as well. Experiment with making your own sauces using the ingredients you have at home.

### Soy & Sesame Sauce

1/3 cup	Chicken or vegetable broth
1/3 cup	Soy sauce
2 tsp.	Rice, cider, or wine vinegar
2 tsp.	Sesame oil
1 tsp.	Red pepper flakes
1 tsp.	Honey or sugar

Whisk ingredients together and pour over mostly cooked stir fry ingredients. Let cook and reduce for a minute or two. After cooking, sprinkle finished stir fry with sesame seeds.

### Sweet and Sour Sauce

1/2 cup	Chicken or vegetable broth
1/4 cup	Soy sauce
1/4 cup	Cider, rice, or wine vinegar
3 Tbsp.	Brown sugar
2 Tbsp.	Ketchup

Whisk ingredients together and pour over mostly cooked stir fry ingredients. Let cook and reduce for a minute or two.

### Spicy Orange Sauce

¾ cup	Orange Juice
3 Tbsp.	Soy Sauce
1 Tbsp.	Cornstarch
2 tsp.	Orange peel, finely grated
½ tsp.	Ginger, minced
1 tsp.	Sesame oil
large pinch	Red pepper flakes

Whisk ingredients together and pour over mostly cooked stir fry ingredients. Let cook and reduce for a minute or two. Top finished stir-fry with orange slices.

### Thai Style Sauce

¾ cup	Coconut milk
1 Tbsp.	Fish sauce
3 ½ Tbsp.	Lime juice
1 ½ Tbsp.	Soy sauce
⅓ to ½ tsp.	Red pepper flakes
2 ½ tsp.	Brown sugar

Whisk ingredients together and pour over mostly cooked stir-fry ingredients. Let cook and reduce for a minute or two. Top finished stir-fry with fresh cilantro.

### Peanut Sauce

¼ cup	Rice or wine vinegar
¼ cup	Soy sauce
4 tsp.	Peanut butter
2 Tbsp.	Water
2 tsp.	Asian chili garlic paste (sriracha, or equivalent)

Whisk ingredients together and pour over mostly cooked stir-fry ingredients. Let cook and reduce for a minute or two. Top finished stir-fry with roasted peanuts.