

SHRIMP & SCALLOP STIR-FRY

F EASY

Last Modified: 12/03/2016

PREP: 30 Min
COOK: 15 Min
STIR-FRY

SEAFOOD

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pound	Large Shrimp (31 / 35 Count)	Raw
1	Pound	Scallops (Bay Preferred)	Rinsed
AND / OR			
You May Substitute Different Selected Seafood's			
2	Tbsp	Vegetable Oil	Divided
4	Cups	Fresh Vegetables (Your Choice)	Chopped
3	Cups	White Rice	Cooked
OR			
3	Cups	Chinese Lo-Mein, etc. Noodles	Cooked

SEAFOOD SAUCE

3	Tbsp	Corn Starch	
1 3/4	Cups	Chicken Stock (Swanson)	
1	Tbsp	Soy Sauce (Lee Kum Kee)	
1/2	Tsp	Sesame Oil (La Tourengelle)	
1/2	Tsp	Ground Ginger	
1/8	Tsp	Garlic Powder	

PREPARATION

TOOLS	1) Small Mixing Bowl 2) Wok 3) Medium Saucepan & Lid 4) Medium Serving Platter 5) Fine Wire Strainer
PREP	DISH 1) Chop the Vegetables and set them aside.
1	Peel, de-vein and rinse the Shrimp, reserving the Shells. In a medium saucepan over medium heat, add in the Chicken Stock and Shrimp Shells and bring them to a boil. Strain out and discard the Shells while reserving the Stock in a small mixing bowl.
2	Cook the Rice or Noodles according to package directions and set them aside. Pat the Shrimp and Scallops dry with paper towels.
3	Make the Sauce by stirring the Corn Starch, Chicken & Shrimp Stock, Soy Sauce, Sesame Oil, Ginger and Garlic in the small mixing bowl until mixed well.
4	Add 1 tablespoon of Vegetable Oil in a hot dry wok. Add in the Shrimp & Scallops and stir fry until the Shrimp just begins to turn pink. Remove the Seafood and set it aside.
5	Heat the remaining Vegetable Oil in the wok and stir fry the Vegetables for 2 minutes, each in their order of hardness (Carrots, Onions, Peas, Cabbages, Leafy Vegetables, etc.).
6	Pour in the Sauce Mixture and stir fry to mix well and thicken the Sauce. Add in the Noodles (if using) and stir fry to coat evenly with the Sauce. Add in the Shrimp and Scallops and stir fry lightly to barely re-heat them.
SERVE	Move the mixture to a serving platter and serve while hot.