

Thai Stir Fry

Source: Thomas D'Attilo

Ingredients

Fried Egg (Optional)

- 1 egg
- oil for frying

Stir-Fry (Serves 2-3)

- 2 packages of seitan
 - or ~200g chicken breast
 - or __g Asian fake duck, fake chicken, etc.
- ~.75 vidalia onion (or 1 small)
- ~2 green peppers
- 15 cloves of garlic
- 2 habanero peppers (use seeds of only one)
 - or ~10 thai chilis
 - or equal amount of other chilis
- 1 tablespoon oil for frying
- Thai sauce (*Note: ratio of soy sauce to garlic needs to stay the same, do NOT increase soy sauce*)
 - 2 teaspoons of oyster sauce
 - 1.5 teaspoons light soy sauce
 - 3 splashes of dark sweet soy sauce (you can use Indonesian kecap manis)
 - 1.5 teaspoons sugar
- 2-3 packs of Thai holy basil leaves (*Tear into small pieces*)
- Lime (splash at end)

Instructions

First, START THE RICE!

1. There is nothing worse than a stir fry that's ready to eat but has no accompanying rice, so make sure you start the rice early enough to give it time to cook.
2. Jasmine rice: 1 cup rice to ~1.5 cups water. 1.5 cups of rice may be ideal.
3. Basmati rice: NEEDS SOAKING. Start 45-60 minutes before you want to eat, because it needs to be rinsed, then soaked for 30 minutes, then cooked.

Second, fry the egg

1. Heat about 1 tablespoon of vegetable oil in a wok or frying pan on high-medium heat.
2. When the oil is hot and sizzling, drop in the egg. Let it sizzle and bubble up, and at the same time, splash some of the hot oil onto the top of the egg (don't flip the egg, unless

you really want to).

3. After the egg looks about right to your cooked likeness (I like mine runny [so does Heather])), take it out, drain the excess oil, and put it on a plate for later.

Basil Chicken/Seitan/FakeDuck/Whatever

1. Cut the (*main ingredient*) into bite-sized pieces.
2. Rinse and peel the garlic and chilies, and pound them in a mortar and pestle (alternatively you can just mince them with a knife). They don't need to be super fine, you just want to bring out the oils and flavors from the garlic and chilies.
3. Pluck a good-sized handful of holy basil leaves off the stems.
4. Mix the sauce ingredients together.
5. Now it's time to start cooking. Heat your wok on high heat, and add about 1 tablespoon of oil to the pan.
6. When the oil is hot, add the (*main ingredient*) and the chilies and garlic. Stir fry them for about 20 seconds or so until they get really fragrant, but don't let them burn or get too dry.
7. **If using meat:** cook for about 2-3 minutes, be sure to stir *constantly*, add a tiny splash of water if it starts to dry out. Cook until chicken is fully cooked through.
8. Add the onions and keep stir frying.
9. Add the peppers and continue to stir fry.
10. Add the sauce. Keep stir frying for about another 30 seconds.
11. Grab a handful of holy basil, toss it into the pan, fold it into the (*main ingredient*), and then immediately turn off the heat (if you're using an electric stove, you'll want to remove the pan from the burner). The holy basil really only needs to cook for about 5 seconds, and it will continue to wilt and cook from the existing heat of the chicken. This step is important because if you cook the basil for too long, it loses some of its glorious flavor and gets slightly chewy.
12. Add a splash of lime juice at the end.
13. Serve with rice!

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