

Black Bean-Salmon Stir Fry



Ingredients:

- 1/4 cup water
- 2 tablespoons rice vinegar
- 2 tablespoons black bean-garlic sauce (see Note)
- 1 tablespoon Shao Hsing rice wine or dry sherry
- 2 teaspoons cornstarch
- Pinch of crushed red pepper
- 1 tablespoon canola oil
- 1 pound salmon, skinned and cut into 1-inch cubes
- 12 ounces mung bean sprouts (6 cups)
- 1 bunch scallions, sliced

1. Whisk water, vinegar, black bean-garlic sauce, rice wine (or sherry), cornstarch and crushed red pepper in a small bowl until combined.

2. Heat oil in a large nonstick skillet over medium- high heat. Add salmon and cook, stirring gently, for 2 minutes. Add bean sprouts, scallions and the sauce mixture (the pan will be full).

Cook, stirring, until the sprouts are cooked down and very tender, 2 to 3 minutes.

TIP: Notes: Black bean-garlic sauce, a savory, salty sauce used in Chinese cooking, is made from fermented black soybeans, garlic and rice wine. Find it in the Asian-foods section of some supermarkets or at Asian markets.