

SHRIMP STIR-FRY WITH SNOW PEAS AND CASHEWS
(from the Bewitching Kitchen)

1 pound large shrimp, peeled and deveined
2 cups water
2 Tablespoons salt
1 Tablespoon sugar
squeeze of lemon juice
1 Tablespoon grape seed oil
minced garlic (optional)
grated ginger
6 to 8 ounces snow peas
1 yellow bell pepper, sliced thin
1/3 cup cashews, lightly toasted
salt and pepper to taste

for the finishing sauce:

1/2 cup water
2 Tablespoons dry sherry
1 Tablespoon soy sauce
1 tsp sugar
1/2 Tablespoon cornstarch

Dissolve the salt and water in 2 cups of water in a medium bowl, with a squeeze of lemon juice. Add the shrimp and leave in the solution for 10 minutes as you prepare the other ingredients. Make the finishing sauce by whisking all components in a bowl. Reserve.

Drain the shrimp, rinse very briefly and pat dry.

Heat a wok or large nonstick skillet over high heat for 2 minutes. Add the oil to the pan and swirl to coat. Add the ginger and garlic (if using), when fragrant add the snow peas and bell pepper. Stir-fry for a couple of minutes, add the shrimp, and cook for a couple more minutes, stirring frequently. Add the cornstarch mixture and cook until the sauce has thickened. Adjust seasoning with salt and pepper. Top with the cashews and serve right away.