

## ***SHRIMP STIR-FRY WITH BROCCOLI AND CASHEWS***

*(from The Bewitching Kitchen)*

*for velveting the shrimp:*

1 /2 teaspoon salt

2 teaspoons sherry

1 large egg white, whisked briefly

1 + 1 /2 Tablespoon cornstarch

1 Tablespoon olive oil

1 pound large shrimp, peeled and de-veined

1 medium head of broccoli florets

1 /2 yellow bell pepper, sliced thin

2 stalks celery, cut in 1 /4 inch slices

Cashews, lightly toasted

peanut oil, about 3 tablespoons

1 Tablespoon toasted sesame oil

salt and black pepper to taste

*finishing sauce:*

1 /4 cup water

1 /4 cup soy sauce or tamari

2 tablespoons rice vinegar

1 tablespoon honey

1 teaspoon Sriracha sauce (or more to taste)

1 /2 teaspoon sesame oil

1 /2 teaspoon minced ginger

2 teaspoons arrowroot powder

Place the shrimp in a bowl. Sprinkle the salt and sherry, gently mix. Add the egg white, cornstarch and olive oil, stir well but gently. Place in the fridge for 30 minutes.

Bring a pot with water to a gentle boil, add a smidgen of olive oil and then place the shrimp straight from the fridge in the water. Stir gently so they do not stick to each other. Simmer for a couple of minutes and immediately drain in a colander. Rinse very briefly with cold water to stop the cooking, and reserve until time to finish the recipe. You can do this step one hour in advance.

Mix all ingredients for the finishing sauce and reserve. Place the broccoli and a sprinkle of water in a microwave safe bowl, season gently with salt. Microwave for 2 minutes, drain, and reserve.

Heat the peanut oil in a wok, when smoking hot add the celery and yellow bell pepper. Season lightly with salt and pepper. When very fragrant and the veggies are soft, add the broccoli and stir-fry for 2 minutes. Add the velveting shrimp, cook gently for another minute or so. Whisk the prepared finishing sauce and pour into the wok, bring to a boil. Cook until thickened and well combined with the ingredients. Sprinkle toasted cashews on top and serve, adjusting seasoning if so desired.