



by Chef Ivory Kornegay  
Adele's Restaurant

## Thai Stir Fry

2 tbsp canola oil  
2½ oz chicken, cut in strips  
1 oz red peppers, julienne cut  
1 oz yellow peppers, julienne cut  
1 oz green peppers, julienne cut  
1 oz carrots, julienne cut  
4 oz Thai sauce  
1 oz vegetable broth  
1 cup white rice, cooked

1. Heat sauté pan about one minute.
2. Add the oil, heat one minute then add the chicken.
3. Cook for 3 minutes.
4. Add vegetables.
5. Sauté 2 minutes.
6. Add Thai sauce and vegetable broth.
7. Simmer until vegetables are tender.  
Plate over rice.

## Thai Sauce

½ tsp olive oil  
½ tsp fresh ginger, chopped  
½ tsp garlic, chopped  
1 tbsp sesame oil  
¼ tsp red chili paste  
1 oz sherry  
2 oz fish sauce  
2 cups water  
1½ oz corn starch  
3 oz soy sauce

1. Sauté oil, ginger and garlic together for about 2 minutes. Add sesame oil, red chili paste, sherry and fish sauce, whisk together.
2. Add the water and bring to a boil.
3. In a separate small bowl, whisk the corn starch with the soy sauce. Add a little water if necessary to get a thin slurry.
4. Reduce sauce to a simmer.
5. Add corn starch soy sauce slurry, stirring constantly but slowly until thickened.