

Quick Sautéed Vegetables

Description:

Try to sauté vegetables fresh each time. For water sauté, substitute 1-2 tablespoons of water for the oil. With oil sauté, a little water may be added if the pan becomes dry. The vegetables should be crispy, colorful, bright and shiny, but cooked.

Preparation:

Add either spring water or a small amount of oil (you may brush the bottom of the pan with an oil brush if you are limiting oil) and heat the pan with a medium to high flame.

Add the vegetables in order from firmest to most delicate unless you are using onion, then always sauté it first for a minute or two and then add a pinch of sea salt before you add the rest of the vegetables separately. Be sure to move the vegetables continuously so they cook evenly.

Simmer for another 2-3 minutes. Add drops of water if the pan becomes too dry. You may add shoyu or ginger juice near the end of cooking. Blanched vegetable salad is a combination of root, round and leafy green vegetables. Use at least 2 out of 3 types of vegetables. The vegetables in this dish should be crispy, bright, colorful and crunchy. Make blanched vegetable salad fresh each day and consume it within 12 hours. Change the selection and combination of vegetables every day.