



## *Almost Asian Spring Stir Fry on Rice with Laurentide Semi Sweet Riesling*

### INGREDIENTS

1 c Long grain rice  
 1/2 c Laurentide Semi Sweet Riesling Wine  
 1 1/2 c water  
 1 t Lemon pepper  
 1 T Butter  
 1 t Salt

1 lb chicken/pork boneless  
 4 c mixed vegetables\*  
 ~2 t 5 pepper blend  
 2 T Grape seed oil

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 6 cloves Garlic chopped  
 6 T Soy sauce  
 2 T Brown sugar  
 2 T Laurentide Semi Sweet Riesling Wine  
 1 c Chicken or Vegetable stock  
 3 T Cornstarch

Optional: Sesame seeds green onion cilantro cashews

\* Onions Bell Peppers Carrots Celery Sprouts  
 Mushrooms Broccoli Cabbage Edamame Green  
 Beans Asparagus Kale Squash Spinach Water  
 Chestnuts...

### PREPARATION INSTRUCTIONS

1. Combine rice, water, wine, lemon pepper seasoning, salt & butter. Bring to boil, stir, reduce heat, cover and cook low for 20 minutes.
  2. Cut boneless pork & chicken into 1" chunks.
  3. Season with 5 pepper blend & saute' meat in ~2T oil until browned. Remove from heat.
  4. Combine 4 cups of chopped/sliced vegetables of your choosing.
  5. Add diced & sliced vegetables to remaining hot oil. Season with 5 pepper blend.
  6. Sauté for ~10 minutes gently stirring until al dente, remove & reserve.
  7. Add ~ 2 T oil to pan, cook the garlic briefly. Add the soy sauce, sugar, wine & stock until the mixture boils.
  8. Measure cornstarch in a cup. Slowly add and stir just enough cold water to dissolve. Add to sauce and stir to incorporate.
  9. Add back vegetables, stir and rewarm slowly.
  10. Serve a scoop of rice & add the stir fry on top.
  11. Optional: Sprinkle with sesame seeds...
  12. Pair with Laurentide Semi Sweet Riesling!
- Cheers