



Stir-Fried Asparagus with Shiitake Mushrooms

From *America's Test Kitchen* Season 15: Mahogany Chicken and Asparagus Stir-Fry

WHY THIS RECIPE WORKS:

To achieve stir-fried asparagus with a flavorful browned exterior and a crisp-tender texture, we had to start with a hot pan and only stir the asparagus occasionally. This allowed the vegetables to char and caramelize. To ensure that the vegetables cooked evenly, we diluted the sauce with water. This diluted sauce created a small amount of steam, cooking the spears through, before evaporating and leaving behind a flavorful glaze.

Serves 4

To allow it to brown, stir the asparagus only occasionally. Look for spears that are no thicker than ½ inch.

INGREDIENTS

- 2 tablespoons water
- 1 tablespoon soy sauce
- 1 tablespoon dry sherry
- 2 teaspoons packed brown sugar
- 2 teaspoons grated fresh ginger
- 1 teaspoon toasted sesame oil
- 1 tablespoon vegetable oil
- 1 pound asparagus, trimmed and cut on bias into 2-inch lengths
- 4 ounces shiitake mushrooms, stemmed and sliced thin
- 2 scallions, green parts only, sliced thin on bias

INSTRUCTIONS

1. Combine water, soy sauce, sherry, sugar, ginger, and sesame oil in bowl.
2. Heat vegetable oil in 12-inch nonstick skillet over high heat until smoking. Add asparagus and mushrooms and cook, stirring occasionally, until asparagus is spotty brown, 3 to 4 minutes. Add soy sauce mixture and cook, stirring once or twice, until pan is almost dry and asparagus is crisp-tender, 1 to 2 minutes. Transfer to serving platter, sprinkle with scallion greens, and serve.

TECHNIQUE

JUST ADD WATER

For spears that are well browned and crisp-tender, stir-fry

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them first and then steam them in a sauce diluted with water.

