

# Grace Young's Stir-Fried Iceberg Lettuce

By Genius Recipes

A near-instant springy green vegetable before the springy greens. (And, yes, you can cook lettuce -- here's why you should.) Note: you can use this technique on many other vegetables in season, including romaine lettuce, spinach, watercress, baby bok choy, asparagus, snow peas and snap peas. Adapted slightly from [The Wisdom of the Chinese Kitchen](#) (Simon & Schuster, 1999) and [Saveur Magazine](#)

Serves 4

- 1 teaspoon soy sauce
  - 1 teaspoon sesame oil
  - 1 teaspoon rice wine or dry sherry
  - 3/4 teaspoons sugar
  - 1/2 teaspoon freshly ground white or black pepper
  - 1 1/2 tablespoon peanut oil or other neutral oil
  - 4 scallions, cut on the diagonal into 1-inch pieces
  - 3 cloves garlic, thinly sliced or smashed
  - 1/2 medium head iceberg lettuce, cored, outermost leaves discarded, inner leaves torn into 4-inch wide pieces (or substitute other greens -- see headnote)
  - Kosher salt, to taste
1. In a small bowl, combine soy sauce, sesame oil, rice wine or sherry, sugar, and pepper; set sauce aside.
  2. Heat a wok or 12-inch skillet over high heat. Add peanut oil, half of the scallions (including all of the white and light green pieces), and garlic and cook until garlic is golden, about 5 seconds. Add lettuce and stir-fry until lettuce softens slightly, about 1 minute. Drizzle in sauce and cook until lettuce is just coated with the sauce, about 1 minute. Season with salt, divide between 4 bowls while lettuce is just tender and still bright green, and garnish with remaining scallions.