

CANTONESE
3/31/04

Tante Marie's Cooking School

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Stir Fried Sugar Snap Peas with Chinese Sausage

4 oz or 3 links Chinese sausage (lap cheung)
1 ½ lbs sugar snap peas or snow peas, strings removed on both sides
2 quarts water
1 tablespoon salt

2 cloves garlic
3 ¼ inch slices ginger

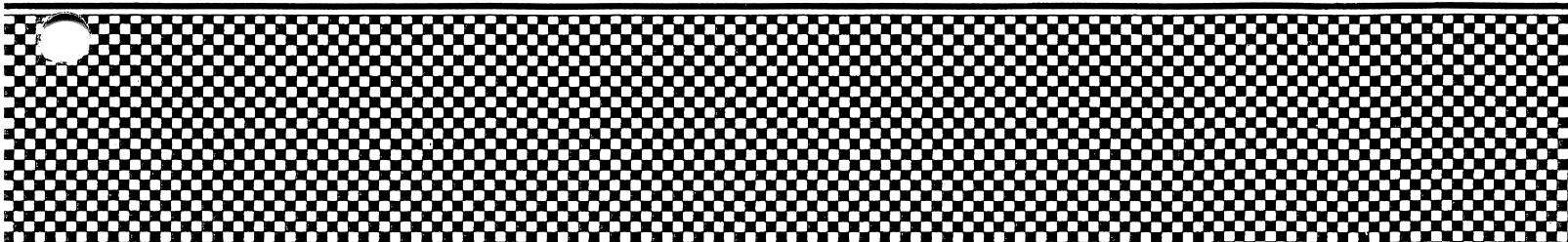
Seasoning sauce
¼ cup chicken broth
1 tablespoon Chinese rice wine
1 teaspoon sesame oil
½ teaspoon salt
½ teaspoon sugar
1/8 teaspoon white pepper
1 teaspoon cornstarch

vegetable oil for stir frying

Bring a small pot of water to a boil. With a knife, poke a few holes into the sausages and boil them for 10 minutes to render the fat. Strain the sausages and dice into ¼ inch cubes.

Meanwhile in a large pot of water, bring 2 quarts of water and 1 tablespoon of salt to a boil. Blanch the snap peas for 5 minutes or until just tender. Strain the peas and immerse them into cold water to retain their color. Strain again and pat the peas dry.

In a small bowl, combine the seasoning sauce ingredients and set aside.



Heat a wok or large sauté pan over high heat, add 1 tablespoon of oil and sauté the ginger and garlic until they turn crispy brown. Discard the ginger and garlic and add the diced sausages to the hot pan. Stir fry until just crisp and remove to a paper towel to drain. Reheat the wok over high, and stir fry the sugar snap peas until they begin to blister, about 2 to 3 minutes. Return the cooked sausage to the pan with the sugar snap peas. Stir in the seasoning sauce and continue to sauté for several more minutes until the sauce thickens. Serve hot.

Makes 4 to 6 servings