

Stir-Fried Fish

Ingredients

safflower oil or unsalted butter	1/2 lb. mushrooms, diced	1 tsp. soya sauce
1 onion, diced	1 1/2 lbs. fish, boned	1/2 tsp. ginger
1 green pepper, diced	1 1/2 cups vegetable stock	2 tbsp. sherry (optional)
	4 tsp. flour	

Instructions

1. Coat wok with oil or butter. Saute vegetables in the order listed, placing each new vegetable in centre of wok.
2. Cut fish into bite-sized pieces and saute quickly. Add remaining ingredients and stir together.