



Shrimp & Veggie Stir Fry

shared by:
Fire Station 62
3608 SW 209th Ave., Aloha



Ingredients

2 tablespoons cornstarch

1/2 cup water

1/4 cup honey

4 tablespoons reduced-sodium soy sauce

4 tablespoons cooking sherry

2 garlic cloves, minced

2 teaspoons fresh gingerroot, minced

1 small red pepper, cut into 1-inch pieces

1 small white onion, cut into 1-inch pieces

1 can whole baby corn, drained

1 baby eggplant, cut into 1-inch pieces

2 tablespoons sesame oil

1 pound uncooked medium shrimp, peeled and deveined

Toasted sesame seeds and 2 green onions, thinly sliced (optional)

Directions

In a small bowl, combine cornstarch and water until smooth. Stir in the soy sauce, sherry, honey, garlic, and ginger. Set aside. In a nonstick skillet, stir-fry pepper, onion, and eggplant for 3 minutes in sesame oil. Add shrimp and stir-fry 3 minutes longer or until shrimp turn pink. Stir cornstarch mixture and add to the pan. Bring to a boil; cook and stir for about 2 minutes or until the sauce thickens. Add the baby corn and heat through. Sprinkle with toasted sesame seeds and sliced green onion if desired. Serve over brown rice.

Station 62 serves Aloha, portions of eastern Hillsboro, and unincorporated Washington County, with a diverse demographic picture, including single and multi-family dwellings, hi-tech, industrial, and commercial occupancies. Station 62 also has a company of active volunteers who staff an additional fire engine, a wildland brush unit, and a water tender on an on-call basis.