

Simple recipes for bachelors and dorm dwellers

Most students have trouble when it comes to food; a lack of equipment, time and space mean that most cooking is out of reach.

These simple recipes provide an alternative to bad food and starvation. Even if you've never cooked before, a good meal can be had from this page. But before we dive in, a

little explanation.

Stir frying simply means cooking over high heat while stirring constantly. This, along with cutting the food into manageable pieces, ensures a shorter cooking time and better tasting food packed with nutrition.

Minced means finely chopped. Garlic, ginger and green onions

(also called scallions) can be bought at any produce department.

Make sure you read the recipes carefully before you start cooking. Cutting things up before you cook is also a very good idea at first.

For stock, use either canned broth or dehydrated cubes. I strongly suggest using Campbell's double-

Russ Clegg Captain Cook

strength broth and diluting it for soups.

After you have tried a recipe, feel free to try to do it differently the next time. Cooking is learned by doing, so do not be afraid to experiment.

One of the marks of a good cook is his or her ability to use whatever ingredients are on hand. None of the

measurements or ingredients here are etched in stone, so use what is available. Above all else, enjoy the cooking as well as the eating, and you can't go far wrong.

All recipes are for two people.

Vegetable Stir Fry

- 3 tbsp. vegetable oil
- 2 cups cabbage, cut into 1/2" strips
- 1 medium carrot cut into 1/8" circles
- 2 stalks of celery cut 1/4" by 1"
- 3 green onions, sliced thin, bulbs and green tops kept separate
- 1/2 cup broccoli
- 4 tbsp. beef stock
- 3 tbsp. dry white wine
- 1 tbsp. corn starch
- 2 cloves garlic, minced, and the same amount of minced fresh ginger
- 1 tbsp. sugar (optional)
- enough rice for two people

1. Cook the rice according to the package and keep warm.
2. Heat the oil over high heat. When hot, stir fry the garlic and ginger for about 10 seconds, or until it starts to brown. Add the cabbage, celery, carrots and onion bulbs and stir fry for about 4 minutes.

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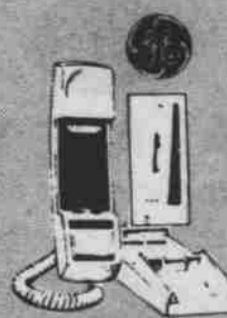
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