

SAUTEED VEGETABLES

1. Finely cut vegetables. Leafy greens and thinly sliced root vegetables as well as sprouts or corn kernels may all be sautéed, by themselves or in various combinations.
 2. When the oil or water is hot, sauté the vegetables quickly for a few minutes. Gently stir the vegetables with chopsticks or another wooden utensil. There is no need for vigorous stirring or constant mixing.
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1. Sprinkle with a pinch of sea salt or shoyu/soy sauce.
 2. Simmer for a few more minutes, adding a little water if necessary.

Notes:

- The vegetables should be crispy and colorful, cooked but not overcooked.
- The cooking time may vary somewhat depending on the type, size and thickness of ingredients.