



WOK TALL BROCCOLI & CAULIFLOWER GRILL

- 4 cups broccoli florets
- 4 cups cauliflower florets

Cooking Sauce:

- 1/4 rice wine
- 2 tablespoons water
- 1 tablespoon sesame oil
- 1/4 cup soy sauce
- 2 teaspoons fresh ginger, grated
- 2 teaspoons brown sugar
- 1/2 cup toasted sesame seeds, crushed

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Place the rice wine, water, sesame oil, soy sauce, ginger, sugar and crushed sesame seeds in a bowl and stir well, set aside.

Heat a bbq grill to very hot (700° +), or turn on accessory burner to high. Swirl two tablespoons of sesame oil around a stainless steel or iron wok, completely coating the inside, place the wok on the grill or burner and heat until the oil just begins to smoke.

Place the broccoli and cauliflower in the wok and begin to stir, add the sauce and turn down heat to medium, or move to cooler part of the grill. Cook vegetables for 7 to 10 minutes, stirring often. When just tender remove from heat.

Serve on a heated serving platter, sprinkling with additional sesame seeds.

Serves 6

