

How to Stir-Fry

Introduction: Stir-frying is widely used and popular method of preparing food. It is suitable for cooking many kinds of meat, fish, poultry, and vegetables. A variety of vegetables with a protein food such as shrimp, chicken, or sirloin served over rice creates a main dish that includes foods from three food groups. Main dish mixtures are excellent sources of vitamins A and C, minerals, proteins and complex carbohydrates.

Learning Goals: After studying this lesson, you will be able to:

- Explain how to stir-fry ingredients in a recipe.
- Demonstrate how to properly stir-fry the ingredients in your recipe.

Learning Activities:

- Stir fry- to cook food quickly in a small amount of hot oil while stirring constantly.
- Stir-fried foods cook rapidly. Watch carefully to be certain the food does not burn.
- When the oil become hot, add the ingredients. Ingredients to be stir-fried are cut into uniform pieces for quick, even cooking.
- A large skillet, electric skillet, or wok can be used to stir-fry ingredients. Woks are ideal for stir-frying because they conduct heat evenly.
- First Add meat or vegetables that require a longer cooking time than other foods. Next, add vegetables and other foods that require less cooking time. Vegetables should be crisp-tender when the stir-fry is ready to serve.

Tips for Success:

- When stir-frying with rice the recipe will work only if the rice is cold. Hot freshly cooked rice will clump together and become mushy. The best rice to use is leftover, day-old rice.
- If using a wok, remember to use the ring adapter provided with it to allow use over flat-top home ranges. Otherwise, the wok may wobble, leading to an accident.

Cutting Techniques

Introduction: There are many techniques used in food preparation to cut foods. Constant practice of the different cutting techniques will give you an opportunity to compare size and shape of differences related to the various cutting jobs. Many specialized cutting tools and small appliances, such as food processors and blenders, have been developed to help with the different cutting techniques. Always choose the right tool for the technique. Cutting techniques involve the use of knives and other sharp equipment, so it is important to review and practice safety precautions.

Learning Goals: After studying this lesson, you will be able to:

- Explain how to chop, dice, slice, julienne, mince and pare.
- Identify the utensils used to chop, dice, slice, julienne, mince and pare.
- Demonstrate how to chop, dice, slice, julienne, mince and pare ingredients in a recipe.

Learning Activities:

- **Chop-** to cut foods into small, irregular pieces. E.g. onions, celery, peppers, etc...
- When chopping a chefs knife or food processor can be used to chop food.
- **Dice or Cube-** to cut foods into small, even-size cubes or squares. E.g. potatoes, cheese, chicken, etc...
- When dicing or cubing a chef knife or utility knife can be used to dice or cube food. If dicing or cubing bread or cakes use a knife with a serrated edge.
- **Slice-** to cut foods into large, thick or thin pieces. E.g. cucumbers, onions, tomatoes, etc...
- When slicing a chefs knife or food processor can be used to slice food.
- **Julienne-** to cut into long thin strips. E.g. carrots, peppers, zucchini, etc...
- When a julienne cut is called for a chefs knife or utility knife can be used to cut food into strips.
- **Mince-** to chop finely or as small as possible. E.g. garlic, onions, parsley, etc...
- When mincing a chefs knife or utility knife can be used to mince food. You can also use kitchen shears to mince fresh parsley, chives, oregano, or other herbs.
- **Pare-** to cut off a very thin layer of peel from a vegetable or fruit. You use a paring knife or peeler to pare.
- Foods that may need paring or peeling include apples, oranges, peaches, potatoes, carrots, parsnips, or onions.

Tips for Success:

- After slicing the potatoes, place them into a bowl of ice water until you are ready to add them to the soup. This will keep the potatoes from turning brown.