



Stir-Fry Basics

All foods for stir-frying should be pre-cut in a uniform manner. Slice vegetables diagonally, approximately 1/4-inch in width, to expose more surface area.

Meat that is slightly frozen will be easier to slice. Slice meat into 1/4-inch strips, and slice against the grain to tenderize.

Have everything ready before you begin: vegetables and meats should be sliced, sauce prepared, utensils gathered, etc.

Place all foods and sauce on platters or in bowls within easy reach, and place them in the order in which they will be added to the pan.

Preheat pan before adding oil. Preheating allows the oil to cling to the surface of the pan.

Cook dense textured vegetables first (carrots and peppers, then onions, celery). Add more delicate vegetables last (snow peas, mushrooms).

Stir and turn the food constantly, over high heat.

Add garlic and grated fresh ginger after vegetables and meat are cooked and before adding sauce. Fresh ginger is available in the produce section of most supermarkets. Store fresh gingerroot, tightly wrapped, in the refrigerator for up to three weeks and frozen for up to six months.

When adding sauce, pour the liquid down the sides of the wok or pan.

Be creative! Leftover vegetables and meats are great candidates for stir-fry, or purchase fresh vegetables that you have not tried before. Edamame can be added to any stir-fry dish to add variety, taste and nutrition. Instead of rice, try couscous – which is easy to prepare and available in whole grain and flavored varieties!

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