



Stir-Fry Basics

by Chef Steve

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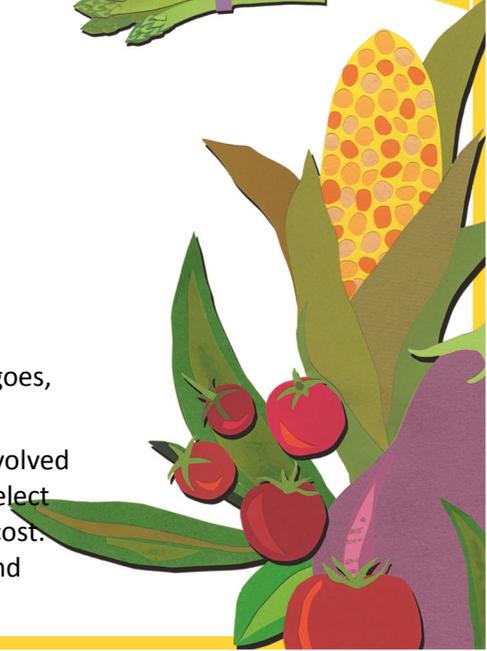
Ingredients

- Seasonal Vegetables, broccoli, squash, eggplant, and carrots
- snow peas, tomatoes, mushrooms, and celery
- ¼ cup or water, or stock
- Seasoning - soy sauce, sesame oil, oyster sauce, chili sauce, or hoisin sauce
- 1 T cornstarch or flour mixed with two tablespoon of water (optional)
- Seasonal Fruit (Pineapple, Mangoes, or Oranges)
- Meat or Seafood (Optional)

Directions

Stir fry food preparation is a great way to try and explore many different vegetables. Meat, seafood, and other protein can be incorporated, but the star of the show is the myriad of vegetables. Don't forget fruit such as pineapple, mangoes, and oranges.

Preparation is easy, fast, and economical. It's also a great way to get the youngsters involved in the selection and prepping of the veggies. Stir fry can use a variety of vegetables. Select seasonal produce, these are at their peak of freshness and usually available at a lower cost. Cut all vegetables into bite size pieces. Always start cooking the densest veggies first and have all ingredients ready before starting.



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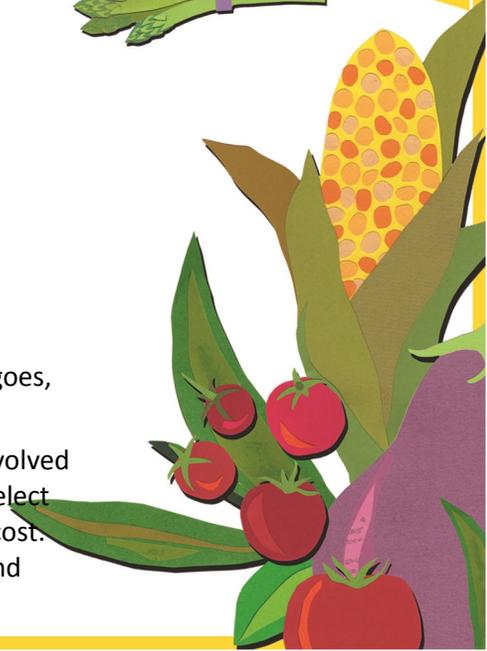
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Some basics steps:

Start with a hot pan or wok and add one table spoon of vegetable oil. Toss in the triad of chopped garlic, ginger, and onions. Fry for 30 seconds, then add any meat or seafood and cook until done. Remove meat from pan and set aside.

Wipe the pan with a dry paper towel and add another tablespoon of oil. Add the dense vegetables, such as broccoli, squash, eggplant, and carrots with about ¼ cup or water, or stock. Cover and simmer until the hardest vegetables are tender without over cooking.

Uncover the pot and add medium density vegetables such as snow peas, tomatoes, mushrooms, and celery. Constantly move the vegetables in the hot pan until tender yet firm. If moisture is needed add a little stock or water.

Add a small amount seasoning such as soy sauce, sesame oil, oyster sauce, chili sauce, or hoisin sauce. Stir constantly to incorporate sauce. Optionally, a thicker sauce can be made by with one teaspoon of cornstarch or flour mixed with two tablespoon of water then added to pan.



This project was supported in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian

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