

## How to Stir-Fry



**To stir-fry is to cook uniformly sized pieces of meat or vegetables over medium-high heat for a short period of time while stirring briskly and consistently.**

Although the wok is the most traditional utensil for stir-frying, this technique can also be accomplished using the Saladmaster large skillet. The key to successful stir-frying is to have all ingredients chopped or sliced and sauce ingredients measured or mixed before proceeding.

Meats and vegetables should be cut in bite-sized pieces of uniform proportions, so they can cook in three to five minutes. Use a broad, flat wooden spoon or spatula to facilitate stirring and tossing.

And, most importantly, no oil is needed with Saladmaster. Stir-frying has a justifiably healthful reputation. Recent criticisms of some dishes in Chinese restaurants has centered on the amount of oil used in stir-frying. Saladmaster provides a healthier solution by stir-frying without added oils. Enjoy the taste of fresh vegetables cooked just until tender, but still crisp.

First, preheat the skillet over medium-high heat 2 to 3 minutes, until a few drops of water splashed in the pan bead and dance. If using meat or chicken, cook quickly and remove from pan.

If desired, wipe pan clean with a paper towel, heat and add vegetables that require the longest cooking times, like carrots, celery, bok choy or stems from broccoli. Partially cook the vegetables before adding the more tender, quick-cooking ones, like bean sprouts, asparagus, pea pods or spinach.

Return meat to the skillet; stir-fry just until heated through. Stir in the sauce, if recipe calls for one, and cook and stir just until thickened. For more tender vegetables, cover skillet, reduce heat to low and cook 2 to 3 minutes longer.

Most stir-frys will require no additional seasoning; however, if you choose to do so, add them at the end of cooking. Be sure to taste before you add salt or pepper. Fresh herbs such as parsley, chives and cilantro may be added just before thickening the sauce.

### Rating:

