



Stir-Fry Tips

Cooking temperature is very important in stir-frying. Some recipes give instructions on whether to cook a dish at high, medium-high or medium heat and some don't. One suggestion is to start cooking at medium-high heat and then adjust the temperature up or down as needed.

Add the oil—peanut, canola or other vegetable oils—drizzling it so that it coats the sides and bottom of the pan. The oil heats faster this way too.

If the recipe calls for meat and vegetables, cook the meat first and remove it from the pan. Add the meat back in when the vegetables are almost cooked. Broccoli, carrots and celery take longer to cook than green leafy vegetables such as bok choy.

Once the dish is completed, taste and adjust the seasonings as desired and serve the stir-fry dish immediately.

Are you ready to stir-fry? Just remember that the two most important things about Chinese cooking are a hot stove and a sharp knife—two great places for parents to step in and help out young hands!

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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