



UK Health & Wellness Cooking Class

Cooking Tips from Stir Fry Friday

How to Stir Fry

- Place one Tbsp. oil per serving in heavy wok or skillet. Heat oil until a drop of water dances on the surface. The objective of stir-frying is to sear the surfaces of food, so a very hot surface is used. Vegetables and meats should not bubble and simmer.
- If meat is used, add a few strips at a time; stir to sear all surfaces; move partially cooked pieces to side of pan. Remove meat from pan just before it becomes done.
- Stir fry vegetables in order shown in chart below to insure that each vegetable will not be cooked beyond the tender-crisp stage.
- Stir in the pre-seared meat.
- If you like a sauce in your stir fry, for each serving, combine one Tbsp. cornstarch, three Tbsp. cold water, and one Tbsp. soy sauce. Stir vigorously and pour over hot vegetables, cooking one to two minutes or until sauce is clear and shiny.

Preparing stir fry ingredients

(From: *Easy Everyday Low-Fat Cooking*, by Patricia J. Stephenson, MS, RD and William T. Stephenson, MD, Hearth Publishing, 1992)

- Vegetables and meats can be cut ahead of time, covered and kept refrigerated for up to 2 hours.
- Cut stringy vegetables such as celery, green onions, and green beans on the diagonal.
- The thick stems of broccoli and ribs of leaf vegetables should be removed and thinly sliced separately.
- All vegetables should be bite-size, or thin-sliced.
- Only one to three vegetables are needed to stir-fry a delightful meal, but you can use as many as you wish.
- One pound of vegetables makes three to four servings.
- Place raw chicken, turkey, pork, or beef in freezer 15-20 minutes for easier, thin slicing.
- Quickly blot off extra moisture from meat and vegetables with paper towels to minimize splattering and to prevent unwanted steaming during cooking.
- If you are serving rice, check preparation method and required time on package. The rice should be ready just prior to stir-frying.
- Group vegetables according to cooking time:

5-8 minutes	3-5 minutes	Add at the very last
Very thin carrots	Cauliflower florets	Bean sprouts
Cabbage, Chinese cabbage	Broccoli florets	Chives
Celery	Tender green onions	Frozen peas (defrosted)
Onions/green onions		Snow peas
Tender green beans		Spinach or chard
Ribs from chard leaves		Zucchini or squash
Thin rounds of broccoli stalks		

** Add mushrooms and tofu just before serving.

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Selecting a “healthy” commercial stir fry sauce

Comparing the labels for stir-fry sauces can be confusing. Sometimes the serving size is 1 tsp., sometimes it's 1/2 cup! What should be the appropriate serving size? We've found 1/4 cup works nicely, and an 8-ounce jar serves 4 very well. In sweet and sour sauces, fat is not an issue, but sodium is. Take a look at the following to get an idea of what's out there. We've adjusted all the portions to 1/2 cup. (That's 4 tablespoons.) Your goal is 250 mg or less per 1/4 cup.

<u>Sauce</u>	<u>Sodium per 1/4 cup</u>
Chicken Tonight Sweet & Sour Sauce	170 mg
LaChoy Sweet and Sour Sauce	210 mg
Kraft Sweet 'n Sour Sauce	250 mg
Kikkoman Sweet & Sour Sauce	380 mg
LaChoy Stir-Fry Vegetables 'n Sauce	410 mg
Lawry's Stir-Fry Oriental Style Cooking Sauce	1,320 mg
Kame Szechuan Sauce	1,640 mg