



Quick | Fresh | Healthy | Colorful

STIR-FRY 101

Better than take-out and easy to execute. Just follow these essential, easy key steps.

Select ingredients for taste, texture + color. Keep it simple with only three to four.

Cut meat/veggies/fish into equally thick, bite size pieces so they will cook evenly.

➤ **Choose the right meat**

As for beef, we strongly recommend nicely marbled skirt steak (flap) for flavor and tenderness. Pork cutlets (as marbled as possible) also work well. As for chicken, thigh meat tastes best.

➤ **Chill meat, then slice**

You can freeze meat for just 20 to 30 minutes. Then – always - cut across the grain into slices. Cut veggies on the bias (diagonal) to provide as much surface area as possible.

➤ **Marinate for moisture**

This works similar to brining. Don't marinate ahead. Right before starting to cook is fine. Pat dry meat/poultry/fish. For the stirfry marinade combine:

- 1 tbsp Tamari (Soy) sauce
- 1 tsp medium Sherry (we like the light "Fino" quality; do not use the sweet kind)
- 2-3 dashes ground white pepper
- 2 tsp corn starch – necessary to make the marinade adhere to the meat

Combine and add meat. When ready, drain thoroughly. Discard remaining liquid.

➤ **Always start with fresh Garlic + fresh Ginger root**

Prepare some finely diced or whacked Garlic (2-3 peeled cloves, depending on size) and an approx. 2 inch piece of fresh, peeled (use back of a spoon) Ginger root, diced small or shredded.

➤ **Use high-smoke point quality Cooking Oil**

Pre-heat teppan on #5, then set to 8 or 9. When hot (orange light off), add 2-3 thin "swirls" oil (1-2 tbsp; use neutral tasting, high smoke-point oils only; we prefer Tea Tree, Avocado or Grapeseed oil or Ghee) **IMPORTANT: STIR FRY** for max. **30 seconds ONLY** before adding other ingredients or it will burn.

TIP: Don't set temperature too low as the corn starch will not cook, which renders your stirfry soggy.

➤ **COOK VEGGIES FIRST**

Add the slower-cooking vegetables first so they get a head start on softer vegetables. Then add the more delicate ones. Start stirring right away until crisp tender. To steam, add 2 tbsp water at a time and cover with a lid. If adding meat, push veggies into the warming area when almost done. They will finish cooking while you stirfry the meat.

TIP: quickly blanch harder vegetables (e.g. brussel sprouts) ahead of time to speed up the stirfry process. Use cheap Wok lids from the Oriental store, or a domed glass frying pan lid for steaming.

➤ **FRY, don't boil the meat. Cook in batches if necessary.**

If you want the meat to brown, give it some space. Again, add 4 thin circles of oil, cook Garlic and Ginger for 30 sec. Then add just ONE layer of meat and brown. **DO NOT STIR RIGHT AWAY. Give it a minute.** Then stir-fry for a couple of minutes only until red is just gone. Keep warm on the side.

Cook next batch. When done, combine with the veggies. Season with a little bit of Tamari and Sherry if necessary. For spice use more ginger, or add red Chile flakes, store-bought Chilli garlic sauce or any preference. For seafood, heat up sauce first, then add fish.

"Stir-Fry 101" was inspired in part by Eleanor Hoh, THE WOK STAR. Visit www.eleanorhoh.com for Original Stir Fry inspiration from THE One-And-Only WOK STAR, or book one of her fabulous cooking classes in Miami, FL.