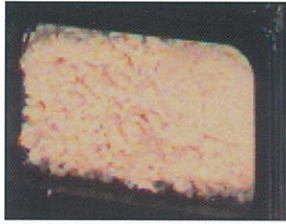
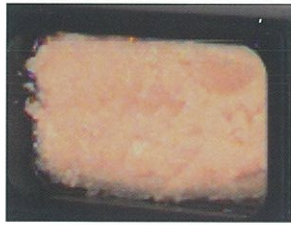


Stir Fry

Mise en Place

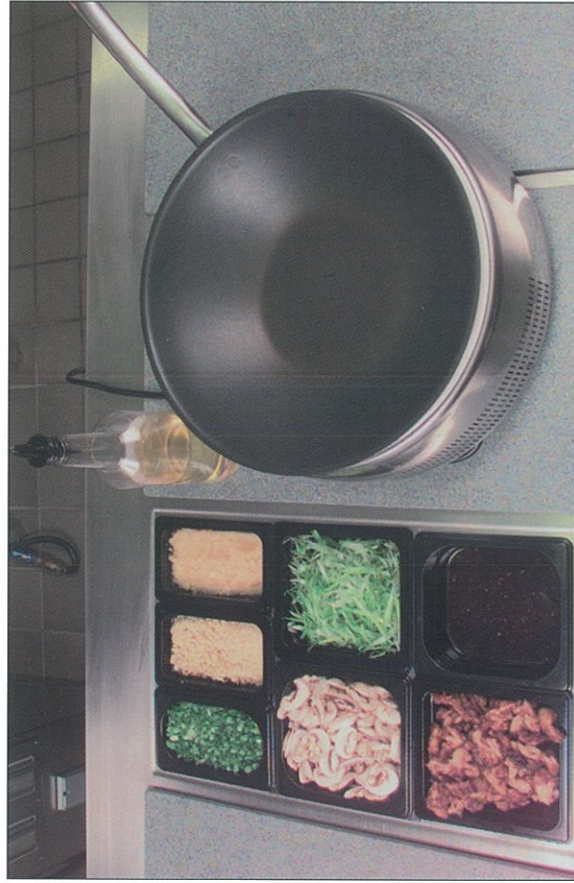


Prepare minced aromatics - garlic, ginger, scallions (GGS).

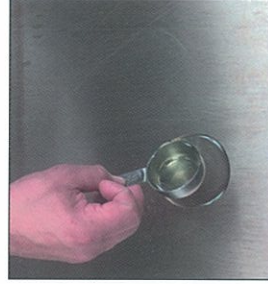
Prepare protein and vegetables according to recipe.

Stir Fry Station Setup

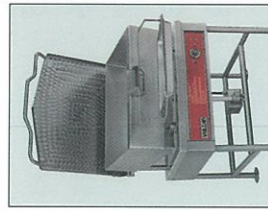
- 1 - Oil
- 2 - Garlic
- 3 - Ginger
- 4 - Scallions
- 5 - Vegetable
- 6 - Vegetable
- 7 - Sauce
- 8 - Protein
- 9 - Induction Wok



Flat-Bottom Wok on Induction Burner



Flat Top Grill



Tilt Skillet



- Hot foods at 140° F (60° C) or above.
- Cold foods at 40° F (4° C) or below.
- Check and record temperatures frequently.



- Keep surfaces clean and free of spills.
- If a container is almost empty, replace with a fresh container.
- Do not add food to containers on station.
- Stir fry no more than 2 portions in a standard exhibition wok and no more than 12 if prepared for steamtable service.