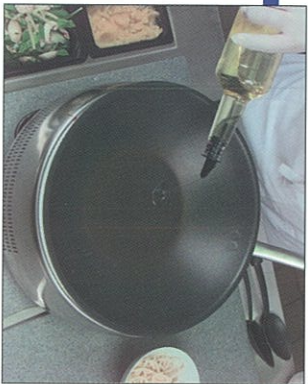


Stir Fry

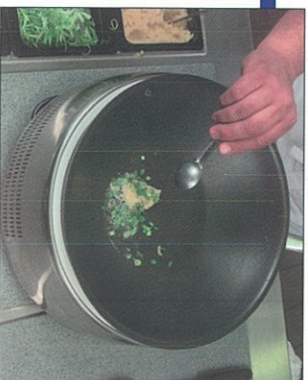
Stir Fry Technique

1



Heat wok to 425°F (218°C). Add oil and allow to get hot.

2



Add aromatics (ginger, garlic, scallions) and stir fry for 5-10 seconds.

3



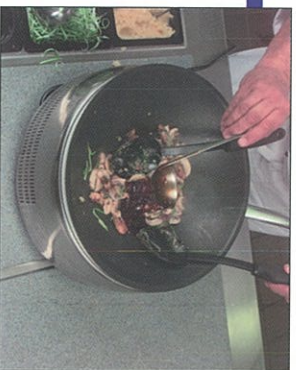
Add vegetables and stir fry for 30-45 seconds.

4



Add **cooked** protein and stir fry for 20-30 seconds until golden brown.

5



Add sauce with one hand while stirring with the other. Toss mixture for 10-20 seconds.

6



Serve over rice and add garnish according to recipe.

Technique:

Stir



Lift



Toss



HACCP

- Hot foods at 140°F (60°C) or above.
- Cold foods at 40°F (4°C) or below.
- Clean wok with a disposable paper towel or replace with a clean wok after each use.

TIPS

- If aromatics burn, discard oil and aromatics, and start with a clean wok.
- Vegetables should be tender, not mushy; meat should be lightly browned.
- Sauce should coat the ingredients thoroughly.
- Do not allow sauce to boil too long—it will reduce and thicken, causing tough protein and overcooked vegetables.