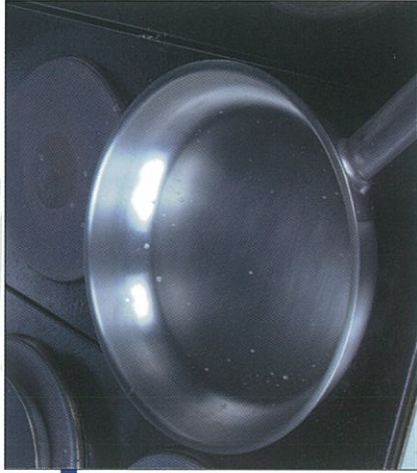


Sauté

Vegetable Sauté

1



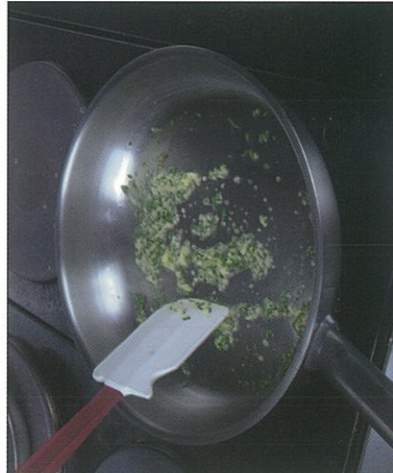
Preheat pan until a drop of water dances and evaporates quickly.

2



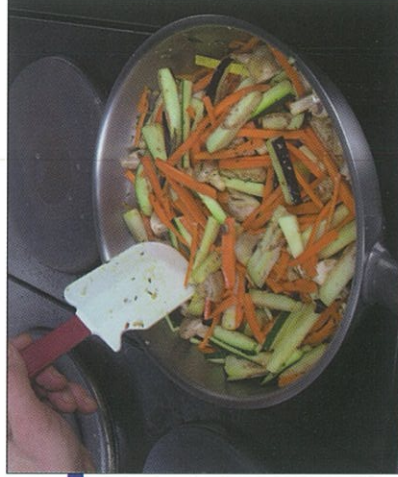
Add oil and swirl to coat pan. Preheat to 375°F (191°C).

3



Add aromatics and stir.

4



Add vegetables and toss rapidly. Avoid overcrowding.

Tilt Skillet Method



The same method can be used in a tilt skillet for large batches.



• Hot foods at 140°F (60°C) or above; cold foods at 40°F (4°C) or below.
• Thoroughly wash all vegetables.
• Use utensils or gloves when handling ready-to-eat foods.



• Blanch denser vegetables such as carrots or broccoli before sautéing.
• Use the proper size pan—overcrowding will cause food to steam.