



Culinary Institute of America

TECHNIQUE OF THE QUARTER: STIR-FRY

At the Culinary Institute of America, we believe that the best way to learn is by doing. That's why our students spend a significant portion of their time in the kitchen, practicing the techniques and skills they will need to succeed in the culinary industry. One of the most important techniques we teach is stir-frying, a method that is both fast and efficient, and that allows for a wide variety of ingredients and flavors.

SELECTION OF INGREDIENTS

When selecting ingredients for a stir-fry, it's important to choose items that will cook quickly and evenly. This includes proteins like chicken, beef, and shrimp, as well as vegetables like bell peppers, onions, and mushrooms. You should also choose ingredients that will hold their shape and texture during the cooking process.

At the Culinary Institute of America, we emphasize the importance of selecting high-quality ingredients. This means choosing fresh, locally sourced produce and proteins, and using the best quality oils and seasonings available. By doing so, we ensure that our students are learning the best practices for creating delicious and healthy dishes.

Hunan

המטבח ההונגרי (湖南菜) הוא מהמטבחים המרכזיים ביותר במזון הסיני. הוא ידוע במיוחד בשל שימוש רב בשר, ובמיוחד בשר חזיר, ובמיוחד בשר חזיר. המטבח ההונגרי הוא מהמטבחים המרכזיים ביותר במזון הסיני. הוא ידוע במיוחד בשל שימוש רב בשר, ובמיוחד בשר חזיר, ובמיוחד בשר חזיר.

JAPAN

המטבח היפני (日本料理) הוא מהמטבחים המרכזיים ביותר במזון הסיני. הוא ידוע במיוחד בשל שימוש רב בשר, ובמיוחד בשר חזיר, ובמיוחד בשר חזיר. המטבח היפני הוא מהמטבחים המרכזיים ביותר במזון הסיני. הוא ידוע במיוחד בשל שימוש רב בשר, ובמיוחד בשר חזיר, ובמיוחד בשר חזיר.

המטבח היפני (日本料理) הוא מהמטבחים המרכזיים ביותר במזון הסיני. הוא ידוע במיוחד בשל שימוש רב בשר, ובמיוחד בשר חזיר, ובמיוחד בשר חזיר. המטבח היפני הוא מהמטבחים המרכזיים ביותר במזון הסיני. הוא ידוע במיוחד בשל שימוש רב בשר, ובמיוחד בשר חזיר, ובמיוחד בשר חזיר.

המטבח היפני (日本料理) הוא מהמטבחים המרכזיים ביותר במזון הסיני. הוא ידוע במיוחד בשל שימוש רב בשר, ובמיוחד בשר חזיר, ובמיוחד בשר חזיר. המטבח היפני הוא מהמטבחים המרכזיים ביותר במזון הסיני. הוא ידוע במיוחד בשל שימוש רב בשר, ובמיוחד בשר חזיר, ובמיוחד בשר חזיר. **M** (katsudashi)

SOUTHEAST ASIA

המטבח הדרום-מזרחי (东南亚料理) הוא מהמטבחים המרכזיים ביותר במזון הסיני. הוא ידוע במיוחד בשל שימוש רב בשר, ובמיוחד בשר חזיר, ובמיוחד בשר חזיר. המטבח הדרום-מזרחי הוא מהמטבחים המרכזיים ביותר במזון הסיני. הוא ידוע במיוחד בשל שימוש רב בשר, ובמיוחד בשר חזיר, ובמיוחד בשר חזיר.

Vitenam

המטבח הווייטנמי (越南料理) הוא מהמטבחים המרכזיים ביותר במזון הסיני. הוא ידוע במיוחד בשל שימוש רב בשר, ובמיוחד בשר חזיר, ובמיוחד בשר חזיר. המטבח הווייטנמי הוא מהמטבחים המרכזיים ביותר במזון הסיני. הוא ידוע במיוחד בשל שימוש רב בשר, ובמיוחד בשר חזיר, ובמיוחד בשר חזיר.

INDIA

India is a large country with a diverse population. The majority of the population is Hindu, followed by Muslims, Christians, and others. The country is known for its rich cultural heritage and history. The climate is diverse, ranging from tropical in the south to temperate in the north. The economy is primarily agricultural, with a growing service sector. The government is a democracy, and the country is a member of several international organizations.

India is a large country with a diverse population. The majority of the population is Hindu, followed by Muslims, Christians, and others. The country is known for its rich cultural heritage and history. The climate is diverse, ranging from tropical in the south to temperate in the north. The economy is primarily agricultural, with a growing service sector. The government is a democracy, and the country is a member of several international organizations.

India is a large country with a diverse population. The majority of the population is Hindu, followed by Muslims, Christians, and others. The country is known for its rich cultural heritage and history. The climate is diverse, ranging from tropical in the south to temperate in the north. The economy is primarily agricultural, with a growing service sector. The government is a democracy, and the country is a member of several international organizations.

India is a large country with a diverse population. The majority of the population is Hindu, followed by Muslims, Christians, and others. The country is known for its rich cultural heritage and history. The climate is diverse, ranging from tropical in the south to temperate in the north. The economy is primarily agricultural, with a growing service sector. The government is a democracy, and the country is a member of several international organizations. **paneer.**

STAPLE FOODS OF ASIA

GRAINS

Rice is a staple food in Asia. It is a grain that is grown in many countries, including China, India, and Japan. Rice is a source of carbohydrates and protein. It is often eaten with vegetables and meat. Rice is also used to make rice paper and rice noodles.

Rice is a staple food in Asia. It is a grain that is grown in many countries, including China, India, and Japan. Rice is a source of carbohydrates and protein. It is often eaten with vegetables and meat. Rice is also used to make rice paper and rice noodles.

Beans, Nuts, and Seeds

Beans, Nuts, and Seeds are important sources of protein and fiber. Beans are a type of legume that is grown in many countries. Nuts and seeds are also important sources of protein and fiber. They are often eaten as snacks or added to meals. Beans, nuts, and seeds are also used to make oil and other products.

Vegetables

Vegetables are important sources of vitamins and minerals. They are often eaten as part of a meal. Vegetables are also used to make soups, stews, and other dishes. Some common vegetables include carrots, tomatoes, and leafy greens.

Vegetables are important sources of vitamins and minerals. They are often eaten as part of a meal. Vegetables are also used to make soups, stews, and other dishes. Some common vegetables include carrots, tomatoes, and leafy greens.

BEEF WITH RED ONIONS AND PEANUTS

10

M

- 1.

STIR-FRIED SCALLOPS

10

3

1. Heat oil in a large skillet over medium heat. Add scallops and cook for 2 minutes. Add garlic, ginger, and green onions. Cook for 1 minute. Add soy sauce, rice wine, and sesame oil. Cook for 1 minute.

2

2. Add scallops and cook for 2 minutes.

1

1. Add scallops and cook for 1 minute.

10

10. Add scallops and cook for 10 minutes.

10

10. Add scallops and cook for 10 minutes.

10

10. Add scallops and cook for 10 minutes.

10

10. Add scallops and cook for 10 minutes.

10

10. Add scallops and cook for 10 minutes.

10

10. Add scallops and cook for 10 minutes.

10

10. Add scallops and cook for 10 minutes.

3

3. Add scallops and cook for 3 minutes.

1

1. Add scallops and cook for 1 minute.

1

1. Add scallops and cook for 1 minute.

M

1. Add scallops and cook for 1 minute. Add scallops and cook for 1 minute.

2. Add scallops and cook for 2 minutes. Add scallops and cook for 2 minutes.

3. A Add scallops and cook for 2 minutes. A Add scallops and cook for 2 minutes.

4. Add scallops and cook for 1 minute. Add scallops and cook for 1 minute.

4. Add scallops and cook for 1 minute. Add scallops and cook for 1 minute.

STIR-FRIED GARDEN VEGETABLES WITH MARINATED TOFU

10

M

1. For each serving: 20
2. For each serving:

GARDEN TREASURES

10

M

1. $\frac{1}{2} \times \frac{3}{4} = \frac{3}{8}$
2. $\frac{1}{2} \times \frac{3}{4} = \frac{3}{8}$
3. A $\frac{1}{2} \times \frac{3}{4} = \frac{3}{8}$, B $\frac{1}{2} \times \frac{3}{4} = \frac{3}{8}$
4. A $\frac{1}{2} \times \frac{3}{4} = \frac{3}{8}$, B $\frac{1}{2} \times \frac{3}{4} = \frac{3}{8}$