



# 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 world. 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 can also add a variety of other ingredients, such as tofu, egg, and noodles, to create a dish that is both nutritious and delicious.

At the Culinary Institute of America, we provide our students with the tools and resources they need to master the art of stir-frying. Our experienced chefs and instructors will guide you through every step of the process, from selecting the right ingredients to the final plating of your dish. So come join us today and discover the joy of stir-frying!





Hunan

התבונה וההתאמה של התרבות הזאת לא תהיה בלתי ניתנת לביקורת. היא תהיה בלתי ניתנת לביקורת.

JAPAN

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SOUTHEAST ASIA

ההתאמה וההתבונה של התרבות הזאת לא תהיה בלתי ניתנת לביקורת. היא תהיה בלתי ניתנת לביקורת.

Vitenam

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## 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 diverse cuisine. The word "paneer" is a common term in Indian cuisine, referring to a type of cheese.

paneer is a type of cheese that is made from curdled milk. It is a staple food in many Indian dishes, particularly in North India. It is often used in curries, stir-fries, and as a filling for breads and pastries.

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## STAPLE FOODS OF ASIA

### GRAINS

Rice is a staple food in many Asian countries. It is a grain that is grown in large quantities in Asia. Rice is often used in a variety of dishes, including curries, stir-fries, and as a filling for breads and pastries. **A**

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### Beans, Nuts, and Seeds

Beans, nuts, and seeds are important sources of protein and fiber in many Asian diets. They are often used in a variety of dishes, including curries, stir-fries, and as a filling for breads and pastries. **A**

### Vegetables

Vegetables are an important part of many Asian diets. They are often used in a variety of dishes, including curries, stir-fries, and as a filling for breads and pastries. **A**

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Curries

## COMMON TECHNIQUES OF ASIAN CUISINE

Stir-Frying

# BEEF WITH RED ONIONS AND PEANUTS

10

M

- 1.



# STIR-FRIED SCALLOPS

10

- 3
- 2
- 1
- 10
- 10
- 10
- 10
- 10
- 10
- 10
- 3
- 1
- 1

## M

- 1.
- 2.
3. A
4. A

## VEGETABLE TEMPURA

10

1. 2
2. 20

M

1. 3
- 2.
- 3.
- 4.

## TEMPURA BATTER

10

- 1.
- 1.
- 4.

M

- 1.
2. A

## TEMPURA DIPPING SAUCE

10

- 1.
- 1.
- 2.

M

- 1.

# STIR-FRIED GARDEN VEGETABLES WITH MARINATED TOFU

10

## M

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

# MOO SHU VEGETABLES

10. 10. 10. 10. 10.

- 3-10. 10. 10. 10. 10.
- 1-10. 10. 10. 10. 10.
- 1-10. 10. 10. 10. 10.
- 12-10. 10. 10. 10. 10.
- 10-10. 10. 10. 10. 10.
- 10-10. 10. 10. 10. 10.
- 10-10. 10. 10. 10. 10.
- 10-10. 10. 10. 10. 10.

## M 10. 10.

1. For each serving: 1-10. 10. 10. 10. 10. A 1-10. 10. 10. 10. 10.
2. A 1-10. 10. 10. 10. 10. 1-10. 10. 10. 10. 10. 1-10. 10. 10. 10. 10.
3. 1-10. 10. 10. 10. 10. 2-10. 10. 10. 10. 10. 2-10. 10. 10. 10. 10. 4-10. 10. 10. 10. 10.
4. 1-10. 10. 10. 10. 10. 10. 10. 10. 10. 2-10. 10. 10. 10. 10. 1-10. 10. 10. 10. 10. 1-10. 10. 10. 10. 10.

# 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  $\frac{1}{2} \times \frac{3}{4} = \frac{3}{8}$ , 2, 3
4. A  $\frac{1}{2} \times \frac{3}{4} = \frac{3}{8}$ , 3410 ( )10 (.)30 ( ) $\frac{1}{2}$  (.) $\frac{1}{4}$  /  $\frac{1}{2}$   $\frac{1}{4}$ , 242 444.2 0 ( ) 12, 30 (A)10 ( )10