

Food Lab #4 - Student Teams

Stir Fry Vegetables with Tofu and Brown Rice

Stir Frying

Stir frying (**Chinese**: 炒; **pinyin**: *chǎo*) is a **Chinese cooking technique** in which ingredients are fried in a small amount of very hot oil while being stirred in a **wok**. The technique originated in **China** and in recent centuries has spread into other parts of Asia and the West. Even though this has been disproved^[1] by research, many still claim that this quick, hot cooking seals in the flavors of the foods, as well as preserving their color and texture.^[2]

Scholars think that wok (or pan) frying may have been used as early as the **Han dynasty** (206 B.C. – 220 A.D.) for drying grain, not for cooking, but it was not until the **Ming dynasty** (1368–1644) that the wok reached its modern shape and allowed quick cooking in hot oil.^[3] Well into the 20th century, while restaurants and affluent families could afford the oil and fuel needed for stir fry, the most widely used cooking techniques remained boiling and steaming. Stir fry cooking came to predominate over the course of the century as more people could afford oil and fuel, and in the West spread beyond Chinese communities.^[4]

Stir frying and Chinese food have been recommended as both healthy and appealing for their skillful use of vegetables, meats, and fish which are moderate in their fat content and sauces which are not overly rich, provided calories are kept at a reasonable level.^[5]

The term "stir-fry" was introduced into the English language in **Buwei Yang Chao's** book ***How to Cook and Eat in Chinese*** (1945), to describe the *chǎo* technique.^[6]

Video Clips to Help You Prepare NOTE: the recipes and amounts are not the same.
You need to watch the videos to understand the process.

How to stir fry vegetables

<https://tinyurl.com/y7jg63hb>

How to boil - boil in bag rice

<https://tinyurl.com/y83j9ppm>

How to set a table

<https://tinyurl.com/yc32zbfz>

How to wash the dishes

<https://tinyurl.com/lrjvvyx>

<http://tinyurl.com/n3q4fox>

Stir Fry Vegetables and Tofu - Head Chef will prepare

Yield : 4 cups

Ingredients What do the abbreviations mean? Fill in the blanks

- 3 Tbl _____ peanut oil
- 1 tsp _____ minced garlic
- ¼ c _____ diced onion
- 1 c _____ chopped broccoli florets
- ⅓ c _____ green peas
- ¼ c _____ cubed tofu
- ¼ c _____ sliced mushrooms
- ½ c _____ sliced canned/cooked carrots
- 2-3 Tbl _____ of soy sauce
- 1 Tbl _____ of sesame seeds

Directions

1. Pour in measured oil and garlic in a wok on a large eye on the range/stove.
2. Heat wok to medium. As oil and garlic heats, (wok heats up quickly) put in the ingredients in the following order: (head chef goes to get from front table while sous chef stirs the ingredients in wok)
 - *diced onion
 - *chopped broccoli
 - * green peas
 - * cubed tofu
 - * sliced mushrooms
 - * sliced canned/cooked carrots
3. Pour in soy sauce over the ingredients in the wok.
4. Continuously stir ingredients around in wok.
5. Add into wok sesame seeds and stir.
6. Add 1 more tablespoon of soy sauce if vegetables are dry.
7. As vegetables become tender turn the eye of the stove off.
8. Place cooked brown rice in the wok and stir to mix.
9. Place completed stir fry mixture into plates and place on the table.

After Reading the recipe list the kitchen tools you will need:

- W _____
- _____ cups & _____ spoons
- _____ to measure oil, soy sauce and sesame seeds over
_____ to stir in the wok
_____ to serve stir fry into plates

Others tools needed:

Brown Rice - Sous Chef will prepare

Yield : 2 cups

Ingredients _____ Precooked 10 minute – Brown Rice in a Bag



Directions

1. Fill a medium saucepan with 1 quart (4 cups) of water.
2. Put on stove on high heat on the back large eye on the stove/range.
3. Submerge bag of rice in water.
4. Bring water to a boil and let boil for 8-10 minutes.
5. Pour water and bag of cooked rice into colander. (be careful it will be hot)
6. Cut open bag and place rice in wok with vegetables and tofu.
7. Stir in rice with vegetables and tofu.
8. Place stir fry mixture into plates and serve.

After Reading the recipe list the kitchen tools you will need:

- Large Sauce _____
- _____ cups
- _____ to drain water out of rice
- _____ to cut open cooked bag of rice
- _____ to serve into plates

Others tools needed:

