



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. We also encourage our students to experiment with different types of grains and noodles, as well as a variety of sauces and seasonings.

At the Culinary Institute of America, we provide our students with the tools and resources they need to become successful chefs. Our state-of-the-art kitchen facilities, experienced faculty, and comprehensive curriculum are all designed to help our students develop the skills and knowledge they need to excel in the culinary industry.

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 commonly used in Indian cuisine. It is made from curdling milk and is often used in curries, salads, and other dishes. The word "paneer" is derived from the Sanskrit word "pani" (hand) and "er" (to curdle).

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STAPLE FOODS OF ASIA

GRAINS

Rice is a staple food in many Asian countries. It is a type of grain that is commonly used in curries, salads, and other dishes. The word "rice" is derived from the Sanskrit word "vrihi" (rice).

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Beans, Nuts, and Seeds

Beans, nuts, and seeds are common ingredients in Asian cuisine. They are often used in curries, salads, and other dishes. The word "beans" is derived from the Sanskrit word "mudga" (bean).

Vegetables

Vegetables are a common part of Asian cuisine. They are often used in curries, salads, and other dishes. The word "vegetable" is derived from the Sanskrit word "bhaja" (to cook).

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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
- 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.

- 3—•
- 1—•
- 1—•
- 12—•
- 10—•
- 10—•
- 10—•
- 10—•

M

1. For each serving: 1—•
- A 1—•
2. A 1—•, 1—•, 1—•, 1—•
3. 2—•, 2—•, 2—•, 2—•
4. 1—•, 1—•, 1—•, 1—•

GARDEN TREASURES

10

M

1. A garden treasure is a small, ornate, and often colorful object that is placed in a garden to add beauty and interest. It can be a statue, a fountain, or a decorative bench.
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