



THE WORLD'S PREMIER CULINARY COLLEGE

TECHNIQUE OF THE QUARTER: STIR-FRY

Stir-frying, associated with Asian cooking and successfully adapted by innovative Western chefs, shares many similarities with sautéing. Foods are customarily cut into small pieces, usually strips, dice, or shreds, and cooked rapidly in a little oil. They are added to the pan in sequence; those requiring the longest cooking times are added first, those that cook quickly only at the last moment. The sauce for a stir-fry, like that of a sauté, is made or finished in the pan to capture all of the dish's flavor.

SELECTION OF INGREDIENTS

Since items to be stir-fried are cut into small pieces, which acts as a means of tenderizing the food, the food does not need to be as naturally tender as for sautéed items, where it is left in portion-sized pieces. The foods should be relatively tender, however, and all bits of fat, gristle, or silverskin must be removed for the best results.

A variety of foods may be combined in this technique (meat and vegetables, poultry and fish, and so on), but whatever the main item is, it should be carefully trimmed and cut into regular pieces. Cut the main item into an appropriate size and shape, generally thin strips. Marinate it briefly, if suggested by the recipe, and pat-dry before adding it to the cooking oil.

The smoking point of the oil – the temperature at which fats and oils begin to smoke, indicating that the fat has begun to break down – is particularly important. The oil used should be able to withstand rather high temperatures without breaking down or smoking excessively. The higher a particular fat's smoking point, the higher the temperature at which it is safe to cook with that oil. Peanut oil, because of its flavor and high smoking point, is traditionally used.

In stir-frying, a variety of liquids can be used. The ratio of liquid to main item is generally lower than it is for a sauce prepared for a sautéed item. Fortified wine, soy sauce, meat glaze, and other liquids can be used. It is advisable to very lightly thicken the sauce for a stir-fried dish. The thickener (arrowroot, cornstarch, or rice flour) is diluted with a small amount of liquid and added at the last moment. The thickener should not affect the flavor of the dish.

Intellectual property of The Culinary Institute of America • From the pages of The Professional Chef®, 8th edition • Courtesy of the Admissions Department
Items can be reproduced for classroom purposes only and cannot be altered for individual use.

BACHELOR'S AND ASSOCIATE DEGREE PROGRAMS IN CULINARY ARTS & BAKING AND PASTRY ARTS

The Culinary Institute of America | Hyde Park, NY | 1-800-CULINARY (285-4627) | www.ciachef.edu

SELECTION OF EQUIPMENT

A wok is the traditional tool for stir-frying, constructed and shaped specially for this cooking technique. The wok concentrates heat in the bottom of the pan. The sides of the pan conduct varying degrees of heat, creating zones that allow a variety of foods to be prepared in a single pan, without overcooking or undercooking any single item.

HOW TO STIR-FRY

1. Heat the peanut oil or other cooking oil in a wok or large sauté pan.

2. Add the main item to the hot oil.

The temperature of the oil must be very high and the main item must be as dry as possible. This will help lessen splattering that can occur when water comes in contact with hot oil. It will also allow a crust to form on the main item, which intensifies the food's flavor and gives it good color.

3. Keep the food in constant motion by stirring, lifting, and tossing.

Rather than turning the food once, you should keep stir-fried foods constantly in motion. Push them up to the sides of the wok out of the most intensely heated part of the pan. This makes room for items to be added to the bottom of the wok in their proper sequence.

4. Cook for a short amount of time over high heat.

Add additional ingredients, including aromatics (finely minced or chopped herbs, spices, citrus zest, etc.) and vegetable garnishes (thin juliennes, dices, etc.) in the proper sequence (longest cooking added first, shortest cooking added last.) Continue to stir-fry until all of the components are properly cooked and very hot.

5. Add the liquid for the sauce and any necessary thickener.

Cook until the liquid comes to a simmer so that the correct flavor is achieved and the sauce is properly thickened.

DETERMINING DONENESS

Stir-fired foods should not appear raw and should have an appropriate color, according to type of item. The texture should be moist and tender.

FLAVOR DYNAMICS: THE FLAVORS OF ASIA

Asian cuisines include the cooking of China, India, Southeast Asia, and Japan. The Middle East shares many important ingredients with Asia and is also included in this unit. A sustained interest in Asian cuisine throughout the world has encouraged an even greater knowledge about the ingredients and cooking styles that make such regional cuisines as Thai and Vietnamese so popular.

Intellectual property of The Culinary Institute of America • From the pages of The Professional Chef®, 8th edition • Courtesy of the Admissions Department
Items can be reproduced for classroom purposes only and cannot be altered for individual use.

WHAT IS ASIAN CUISINE?

It is certainly an oversimplification of Asian cooking to define it as simply stir-fries and rice, although these dishes are fundamental to an understanding of Asian cuisine.

Asian cooking is often described as striving toward a balance of flavors. Cooks typically feature all the basic flavors—sweet, sour, salty, bitter, and umami—when constructing a meal. The way “balance” is achieved and executed varies widely from area to area, as any student of Asian cooking discovers. Some cuisines emphasize bitter flavors, others sour flavors. A blend of flavors, such as sweet and sour, may be the signature flavor in yet other cuisines.

KEY INFLUENCES OF ASIAN CUISINE

Chronic shortages of fuel, pastureland, and even food have left an indelible mark on Asian cuisine. To overcome these handicaps, Asian cuisines have learned to use charcoal fires; specialized cooking tools (especially the wok) and cooking techniques (especially stir-frying) that call for foods to be cut into small pieces or strips to make the most of limited resources. The imaginative use of a staggering array of foodstuffs is also a prominent feature in all Asian cuisines.

As you might suspect, it is immensely difficult to capture the cooking of an area as large as Asia. Asian cooking has a long tradition; Chinese chefs point with pride to the establishment of a formal cuisine early in their history as a sign of their culture’s impressive advances.

Much of Asian cuisine has been influenced at one time or another by the Chinese. They introduced the wok and chopsticks throughout many parts of Asia. There have been many other important influences as well. The Chinese began traveling toward the West over the Silk Routes, bringing not only the valuable silk cloth but also other important commodities. The exchanges between the Middle East and China introduced many foods throughout a far wider region.

Religion has played an important part in Asian cuisine. Buddhist, Hindu, Taoist, Shinto, Confucian, and Muslim religions have been a major influence in determining what foods were either shunned or embraced. Some religions forbade the eating of pork. Hindus considered the cow a sacred animal, so it was never raised for consumption. In some cases, a particular religion completely discouraged the eating of meat; for this reason, some parts of Asia are noted for their vegetarian cuisines.

As Europeans began to arrive in ever greater numbers, they too played a critical role in influencing the face of Asian cuisine. Vietnam, for instance, was occupied for extended periods by France, and India was a part of the British Empire. These long periods of occupation had an effect not only on the cooking style of the occupied land, but also on the food preferences in the occupying country.

The arrival of outsiders had another historical importance in the development of Asian cuisines. China and other Asian countries took deliberate steps to keep themselves isolated. China’s Great Wall was one such action. Japan passed laws forbidding any European ships to enter their parts, granting the Dutch the right to bring one ship, once a year, to the

*Intellectual property of The Culinary Institute of America • From the pages of The Professional Chef®, 8th edition • Courtesy of the Admissions Department
Items can be reproduced for classroom purposes only and cannot be altered for individual use.*

island nation. Isolation was not always intentional, of course, and in some cases was the natural result of the land's physical features, such as high mountain ranges.

IMPORTANT CULINARY GROUPS AND REGIONS

China

China is the third largest country, in terms of its physical size, but is ranked first in population size. The major cuisines of China include:

Cantonese

This cuisine from the southeastern part of China is typically described as simple and minimally seasoned. Dim sum, stir-fries, and steamed dishes made with seafood and poultry, and rich sauces are part of this cuisine's makeup

Szechwan

This cuisine from western China is known for its pungent spices and varied seasonings as well as many smoked dishes. The chiles featured in Szechwan cuisine first arrived in the seventeenth century; prior to their arrival, pepper, mustard, and ginger were the primary sources for pungent dishes.

Beijing (formerly known as Peking)

The northern people depend far less on rice than do the rest of the country. Noodles, rolls, pancakes, steamed breads, and meat-filled steamed buns and dumplings are typical. Root vegetables, including sweet potatoes, and pickles are popular. Seafood (red snapper, sea bass, and squid), lamb, and beef are common. Duck dishes are an important part of the cuisine, especially the famous Peking-style duck. This cuisine is often described as light, elegant, and mildly seasoned.

Fujian

The cooking of Fujian is noted for its "wet" dishes made by cooking foods slowly in broth. Seafood is important to this cuisine. A unique feature of Fujian cuisine is a flavoring known as "red grain," a fermented glutinous rice. The dominant flavors in this cuisine are sweet, hot, and salty.

Hunan

Hunan cuisine is similar to Szechwan, in that the dishes are noted for their hot and spicy profile. Hot and sour flavor combinations are also popular. Game, fish, and turtle are among the ingredients featured here.

Japan

Japanese cuisine is noted for its presentation. Foods and flavors are often kept distinct and separate. Japanese cuisine makes extensive use of rice, tofu, eggs, and pickles of many varieties.

Seafood and fish are common in Japanese cooking. Meat, though not as widely used, is also important, especially pork and beef. A special kind of beef, Kobe, is a specialty product that commands very high prices.

Intellectual property of The Culinary Institute of America • From the pages of The Professional Chef®, 8th edition • Courtesy of the Admissions Department
Items can be reproduced for classroom purposes only and cannot be altered for individual use.

Vinegared rice (**sushi**) and raw seafood (**sashimi**) are Japanese dishes that are popular throughout the world. Other notable dishes include teriyaki (broiled foods) and tempura. Wasabi (a type of horseradish) and various seaweeds are common flavors and ingredients in Japanese cooking. **Miso**, a fermented soybean paste, and dried tuna (*katsudashi*) are used to make broths that are the basis of various soups and stewed or braised dishes.

Southeast Asia

This subtropical region is rich in fish, seafood, and a host of fruits. Cuisines throughout the region, though they share similarities, often have a distinctive style. Stir-frying and steaming are the most common cooking techniques. Only Vietnam uses chopsticks.

Vietnam

Fish sauce (**nuoc mam**), shrimp paste, lemongrass, mint, basil, fiery chile peppers, and curry are widely used in Vietnamese cooking. In addition to the influence of Chinese and Japanese cooking, Vietnam reflects the influence of France, including baguettes, pastries, and custards. Sweet and sour flavor combinations are typical.

Thailand

One of the most notable features of Thai cuisine is **curry**; the color of the curry indicates its flavor profile: green is the hottest followed by red. Yellow curry gets its flavor and color from turmeric. Country-style curries are made in the northern part of the country, where they are cooked without coconut milk. Mussaman (or Muslim) curry typically includes Middle Eastern aromatics (clove, cumin, fennel seed, cinnamon, and cardamom).

Other important flavors in Thai cooking include lemongrass, wild lime leaves, Thai basil/holy basil, cilantro, red and black pepper, chiles, paprika, mint, tamarind, and galangal. Fish sauce is known as *nam pla* in Thailand.

Korea

Korean cuisine shows both Chinese and Japanese influences. Korean cooking features an array of seafood; seaweed is important as well. **Kimchee** is often considered the national dish. It is produced by pickling cabbage for several months; chiles give kimchee its heat. Charcoal cooking is popular. Sugar is often used as a seasoning.

Malaysia and The Philippines

Cooking styles in Malaysia and the Philippines reflect a number of influences. Rice and noodle dishes are prominent. Meats and seafood are often made into curries featuring coconut. Indian-influenced dishes are also important throughout the region. Fruits and vegetables play a significant role in the diet and the cuisine.

India

Northern India is noted as an important agricultural area. Wheat, barley, millet, and corn are grown there, and these grains are featured in an amazing diversity of breads. In the southern part of India, fragrant basmati rice is featured and served as an accompaniment to various stews and curries. There are several important regional cuisines in India including Kashmiri, Punjabi (noted for tandoori), Bengali, Goan, and Muhgla.

Vegetables are essential in Indian cuisine, and there is a strong vegetarian tradition, especially in areas where the predominant religion discourages meat-eating. Lentils and other legumes are prepared in a number of ways. Breads, including such varieties as roti, naan, paratha, bhakri, and puris, are a significant part of any meal.

Indian cooking is noted for its use of spices. Spice blends, known as **masalas**, may include the following: fenugreek, mustard, chiles, cinnamon, clove, cassia, turmeric, ginger, saffron, nutmeg, and bay leaf. Garam masala is the principle type of spice blend used in India to add heat to dishes; the word **garam** is Indian for hot. Mustard seed oil and coconut oil are chief cooking fats.

Dairy foods are common in Indian cooking, making this cuisine different from most other parts of Asia. **Ghee** is a form of clarified butter used to cook foods. Yogurt and buttermilk are used on their own and as ingredients in several dishes as well as fresh cheese, known as *paneer*.

STAPLE FOODS OF ASIA

Grains

Rice is the staple starch throughout most of Asia, although different types of rice are preferred in different regions. In India, a long-grain rice (basmati) is preferred while in most of Southeast Asia and Japan, short-grain rice is more typical. Rice is used as a grain and to make flours and beverages (especially wine).

In addition to rice, wheat is also used to produce an array of breads, cakes, buns, and dumplings. Other grains as well as some legumes are also made into flours and meals consisting of noodles, pancakes, crepes, wrappers, and flatbreads. Millet, corn (*maize*), and buckwheat are featured in various regional cuisines.

Beans, Nuts, and Seeds

Beans, especially soybeans, are used widely throughout Asia. Soybeans are served steamed and simmered. They are also used to produce a variety of foods including **tofu**, fermented sauces, and other products. Lentils (sometimes referred to as *pulses*) are commonly featured throughout parts of Asia.

Sesame seeds and peanuts serve both as ingredients and to produce cooking oils. These oils, as well as oils produced from other vegetables, coconuts, and mustard seeds, are used frequently in Asian cuisines.

Vegetables

Asian cooking uses a wide array of vegetables, including cabbages, onions, leafy greens, bamboo, water chestnuts, and hearts of palm. In some parts of Asia, sea vegetables are also very important. Okra, which arrived from Africa, is another common vegetable in Asia.

Mushrooms of many varieties are a significant feature in Asian cooking. Both fresh and dried mushrooms are an important element in many dishes, and are also used as the basis for a variety of sauces, broths, and flavorings.

Fruits

Cherries, plums, peaches, dates, figs, pomegranates, citrus fruits, melons, apples, and pears are found throughout Asian cooking. Other fruits include durians, carambolas, persimmons, tamarinds, and bananas.

Meats, Poultry, and Fish

Different parts of Asia have preferences for distinct types of meat. Northern countries have traditionally relied upon lamb and sheep, while those in the south more often feature pork. In most parts of Asia, meat is used primarily as a seasoning.

Fish and shellfish are of great importance. Both fresh- and saltwater varieties show up in numerous dishes and presentations. Japan is famous for its raw seafood and fish dishes (known as sashimi) while steamed or deep-fried fish are festive dishes prepared for banquets and feasts. Dried and preserved fish such as bonito (dried tuna) flakes are used as a seasoning ingredient and are often part of a rich broth used both as a cooking medium and a seasoning.

COMMON FLAVORS OF ASIAN CUISINE

The cook's ability to develop a distinct flavor in dishes is a hallmark of Asian cuisine. Asian cooks employ a wide array of ingredients and techniques. Each region has a distinct flavor profile. Some regions tend toward spicy, even fiery hot, dishes and others are relatively subtle.

Flavors may be blended or highlighted to create a particular essence. In some cases, this has to do with climate; for example, where the climate is very hot, the cooling effect of spicy foods is important. Culture and religion also play a role in flavor usage.

Herbs and Spices

Many fresh herbs and spices are used in Asian cooking. Cilantro, basil, and mint are among the most widely used. Chives and scallions are also common, as is lemongrass. Spice blends are featured in curries and many other dishes, especially in India, where they are known as masalas.

Aromatic Ingredients

Ginger, onions, garlic, and scallions form the prevalent flavor base in many Asian dishes. Galangal root is used in Southeast Asian cooking; it is similar in some respects to ginger but has a unique flavor. Chiles are part of the flavor profile of many regional styles.

Fermented Sauces and Pastes

A number of prepared condiments, pastes, and sauces are featured in Asian cooking. Soy and fish sauces are found throughout the region; **soy sauce** and related sauces (including tamari) are featured in Chinese and Japanese cooking. In Southeast Asia (Thailand and Vietnam, for example), **fish sauce** is more common.

The following is a list of some of the popular sauces and pastes:

- ✓ Hoisin sauce
- ✓ Plum sauce
- ✓ Chili sauce or paste
- ✓ Bean sauces
- ✓ Rice wine and rice vinegar
- ✓ Curry pastes

Curries both wet and dry varieties, are intensely flavored dishes based upon vegetables, meats, poultry, or seafood. There are distinct styles of curry found throughout Asia, especially in Southeast Asia, where they often include coconut milk, and India, where yogurt is popular.

COMMON TECHNIQUES OF ASIAN CUISINE

Stir-Frying

Stir-fried dishes are prepared by cutting foods into small pieces to shorten their cooking time and then cooking them quickly in a special oiled pan, referred to as a wok. The wok is found in many parts of Asia. Its rounded shape concentrates the heat in the pan so that foods can be cooked rapidly. The food is stirred continuously as it cooks. The speed and intensity of the heat produces dishes that are noted for their color, texture, flavor, and nutrition.

Steaming

Steaming is a popular Asian technique used to produce everything from vegetable dishes to whole fish to dumplings. Bamboo steamers with many tiers can be used to cook a variety of dishes at the same time using a single source of heat.

Deep-frying

Although many Asian cuisines are relatively low in fat, deep-frying is a popular cooking technique in some parts of Asia. In Japan, **tempura** is prepared by frying a wide range of foods after they are coated in a light batter; this technique was most likely introduced to Japan by the Portuguese.

Simmering/Soups

Many Asian dishes are prepared by simmering. The use of a flavorful broth is a common technique to add both flavor and nutrition to foods. Soup is consumed as a meal on its own, as the conclusion to a meal, or as a breakfast food.

Stewing and Braising

Stewing and braising (similar techniques) are often accomplished in lidded clay pots. The stew or braise cooks for a long period over a low fire to concentrate its flavors. Some dishes are allowed to cook until they are nearly dry.

Salads

Asian salads are unlike their Western counterparts. Salads are served as condiments and relishes, sometimes used as a way to cool the heat in other dishes or cleanse the palate, as well to balance a meal by adding other flavor elements.

Grilling

Grilling is quite common in Asian cooking. One of the most popular grilled dishes is found in Southeast Asia—**satays** of skewered meats, fish, or poultry served with a peanut sauce.

Preserved Foods

From kimchee to bean paste to fish sauce, foods preserved by pickling are an important part of each Asian cuisine. Some of these items are made from a variety of vegetables. Others are made by drying fish and seafood, meats, and mushrooms.

BEEF WITH RED ONIONS AND PEANUTS

3 3/4 lb boneless beef top sirloin butt

***** SAUCE

4 fl oz vinegar
1/2 oz sugar
2 fl oz nuoc mam (fish sauce)
2 fl oz sake
1/2 tsp pepper
8 fl oz brown stock

***** COATING

1 ea egg
1 tbsp cornstarch
1 fl oz peanut or vegetable oil
as req pepper
as req salt
peanut or vegetable oil for stir-frying, as needed
1 tbsp minced ginger
1/2 oz minced garlic
2 stalks lemongrass, sliced thin
1 lb sliced red onions
cornstarch slurry, as needed
2 oz whole dry roasted peanuts

YIELD: 10 portions

1. Trim the beef and cut it into long thin pieces (shreds). Keep refrigerated while preparing the sauce and coating mixture.
2. Combine all of the ingredients for the sauce and reserve.
3. Just before stir-frying, combine the ingredients for the coating. Blot the beef dry and season with salt and pepper. Add to the coating mixture and toss to coat evenly.
4. Heat the oil in a wok, add the ginger, garlic, and lemongrass, and stir-fry lightly. Add the beef and continue to stir-fry until rare, about 3 to 4 minutes. Remove the beef from the wok and keep warm.
5. Add the onions to the wok and stir-fry until translucent, about 2 minutes. Return the beef and any juices from the beef to the wok. Add the sauce and bring to simmer. Add the cornstarch slurry as needed to thicken the sauce enough to coat the meat.
6. Serve the beef at once topped with peanuts.

Intellectual property of The Culinary Institute of America • From the pages of The Professional Chef®, 8th edition • Courtesy of the Admissions Department
Items can be reproduced for classroom purposes only and cannot be altered for individual use.

STIR-FRIED SCALLOPS

3 ¾	lb	bay scallops
		as req salt
		as req pepper
		as req peanut or vegetable oil
2	oz	minced ginger
1	oz	minced garlic
10	oz	oblique-cut zucchini
5	oz	celery, sliced on the bias
10	oz	red pepper julienne
10	oz	yellow pepper julienne
10	oz	green pepper julienne
10	oz	snow peas
10	oz	quartered mushrooms
3	oz	sliced green onions
1	tsp	hot bean paste
1	tbsp	red bean paste

YIELD: 10 portions

1. Pull the muscle tabs from the scallops. Just before stir-frying, blot the scallops dry and season with salt and pepper.
2. Heat the oil in a wok, add the scallops to the oil and stir-fry until the scallops lose their translucence, about 2 minutes.
3. Add the ginger, garlic, and zucchini to the wok and stir-fry until very hot, about 2 minutes. Add the celery and stir-fry 1 minute more. Add the peppers, snow peas, mushrooms, and green onions and continue to stir-fry until the vegetables are all very hot, 1 minute more.
4. Push all the stir-fry ingredients up on the sides of the wok. Add the bean paste to the wok and stir-fry until hot. Push the ingredients back into the bean paste and stir-fry 1 minute more, tossing to coat evenly. Season with salt and pepper. Serve at once on heated plates.

VEGETABLE TEMPURA

	as req	oil for frying
2 1/2	lb	assorted prepped vegetables, cut as desired
	as req	tempura batter, chilled (see recipe)
20	fl oz	tempura dipping sauce (see recipe)

YIELD: 10 portions

1. Heat the oil to 375°F.
2. Blot the vegetables dry, season, and coat evenly with the batter. Lower the batter-coated vegetables into the hot oil.
3. Deep-fry the vegetables until the batter is golden brown and puffy. Turn them if necessary to brown and cook evenly. Remove them from the fryer with tongs or a spider and blot briefly on absorbent toweling. Season if necessary and serve at once.
4. Serve the vegetables with the dipping sauce.

TEMPURA BATTER

1 1/2	lb	all-purpose flour
1 1/2	oz	baking powder
6	cups	cold water
4	fl oz	sesame oil

YIELD: 10 portions

1. Whisk together the flour and baking powder.
2. Add the water and sesame oil all at once and whisk until combined into a batter about the thickness of pancake batter and very smooth.

TEMPURA DIPPING SAUCE

1	pt	water
8	fl oz	soy sauce
1	tbsp	minced ginger
2	fl oz	mirin (sweet rice wine)
3/4	oz	katsuo dashi

YIELD: 10 portions

1. Combine all of the ingredients. Let the flavors blend for at least 1 hour before serving.

Intellectual property of The Culinary Institute of America • From the pages of The Professional Chef®, 8th edition • Courtesy of the Admissions Department
Items can be reproduced for classroom purposes only and cannot be altered for individual use.

STIR-FRIED GARDEN VEGETABLES WITH MARINATED TOFU

Marinated Tofu

20	oz	firm tofu, cubed
1 ½	tbsp	soy sauce
1	tbsp	minced ginger
1	clove	garlic, minced
5	tsp	peanut oil
	as req	flour, all-purpose
1	oz	scallions, thinly sliced
1	tbsp	minced ginger
1	tbsp	garlic, minced
2 ½	lb	vegetables, cut into bite-sized pieces (sugar snap peas, squashes, broccoli, cauliflower & bean sprouts)
8	fl oz	vegetable Stock
3 ½	fl oz	soy sauce
1	tbsp	hot red bean paste
1	tsp	Chinese Five-Spice Powder
½	tsp	sesame oil
30	oz	brown rice, cooked
2	tbsp	sesame seeds, toasted

YIELD: 10 servings

1. Combine the tofu with the soy sauce, ginger, and garlic. Marinate for 20 minutes.
2. *For each serving:* Heat ½ teaspoon of the peanut oil in a nonstick wok or large nonstick sauté pan. Blot 2 oz of the tofu dry with paper toweling and dust with flour, shaking off the excess. Add the tofu to the pan and stir-fry until aromatic. Remove the tofu from the pan and reserve.
3. Add 1 teaspoon scallions and ¼ teaspoon each ginger and garlic to the pan. Stir-fry until aromatic.
4. Use a total of 4 oz of the vegetables for each serving. Add the vegetables that require the longest cooking time to the pan first. If necessary, add a small amount of the stock to keep the vegetables from burning. Stir-fry until almost tender, then add the faster-cooking vegetables.
5. When all of the vegetables are tender, add the tofu, 2 teaspoons soy sauce, ¼ teaspoon hot bean paste, a pinch of five-spice powder, and a few drops of sesame oil. Toss to heat thoroughly.
6. Serve the stir-fry over 3 oz rice, garnished with ½ teaspoon sesame seeds.

Intellectual property of The Culinary Institute of America • From the pages of The Professional Chef®, 8th edition • Courtesy of the Admissions Department
Items can be reproduced for classroom purposes only and cannot be altered for individual use.

MOO SHU VEGETABLES

3 ½	tbsp	sesame oil
1	tbsp	garlic, minced
1	tbsp	ginger, minced
12 ½	oz	red pepper, julienne
10	oz	celery, julienne
10	oz	carrot, julienne
10	oz	fennel, julienne
10	oz	napa cabbage, chiffonade
2	fl oz	hoisin sauce
1 ½	fl oz	soy sauce
20		moo shu pancakes

YIELD: 10 servings

1. *For each serving:* Heat 1 teaspoon sesame oil in a wok or large sauté pan. Add ¼ teaspoon each of the garlic and ginger. Stir-fry until aromatic.
2. Add 1 ¼ oz of the red pepper, and 1 ounce each of the celery, carrots, fennel, and cabbage. Stir-fry until tender. Stir in 1 ½ teaspoons hoisin and 1 teaspoon soy sauce.
3. While the vegetables are cooking, cover 2 pancakes with a damp towel and warm in a 250°F oven for 4 minutes.
4. Divide the vegetables evenly between the pancakes (about 2 ½ oz each). Fold the ends of the pancakes inward and roll to completely encase the vegetables.

GARDEN TREASURES

1	lb	broccoli florets
2	lb	carrots, medium dice
3	oz	celery, medium dice
3	fl oz	peanut oil
4	tsp	minced ginger
4	tsp	minced garlic
2	oz	scallions, sliced on the bias
1	lb	zucchini, medium dice
1	lb	yellow squash, medium dice
		as req salt
		as req ground white pepper
1	fl oz	sesame oil

YIELD: 10 servings

1. Blanch the broccoli, carrots, and celery separately in boiling salted water; drain, shock, and drain again. Do not overcook.
2. Heat the oil in a wok, add the ginger, garlic, and scallions. Stir-fry until aromatic, about 1 minute.
3. Add the broccoli, carrots, and celery and stir-fry for 2 to 3 minutes. Add the zucchini and yellow squash and stir-fry until tender.
4. Adjust the seasoning with salt, pepper, and sesame oil. Serve while very hot.