



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, tempeh, and edamame, to create a more diverse and nutritious meal.

At the Culinary Institute of America, we teach our students how to select and prepare ingredients for stir-frying. We emphasize the importance of using fresh, high-quality ingredients, and we provide our students with the tools and techniques they need to succeed in the kitchen. Our experienced chefs and instructors are always available to provide guidance and support, ensuring that our students are well-prepared for the challenges of the culinary world.

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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 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.

paneer is a soft, white cheese that is easy to digest. It is a good source of protein and calcium. It is also low in fat and calories, making it a healthy choice for many people. paneer is a versatile ingredient that can be used in a variety of ways.

paneer is a common ingredient in many Indian dishes, including paneer bhajiyas, paneer tikka, paneer masala, and paneer bhurji. It is also used in traditional Indian sweets like paneer halwa and paneer laddu. paneer is a staple food in many Indian households.

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 a source of carbohydrates and is a good source of energy. It is often eaten with vegetables and meat.

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Beans, Nuts, and Seeds

Beans, nuts, and seeds are important sources of protein and healthy fats. They are also good sources of fiber and vitamins. Beans, nuts, and seeds are often used in Asian cuisine. They are a staple food in many Asian households.

Vegetables

Vegetables are an important part of a healthy diet. They are a good source of vitamins, minerals, and fiber. Vegetables are often eaten in Asian cuisine. They are a staple food in many Asian households.

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Curries are a staple of many Asian cuisines, particularly in South and Southeast Asia. They are typically made by sautéing aromatic spices and herbs in oil or butter, then adding a liquid base such as coconut milk, stock, or water. The resulting sauce is often served over rice or noodles.

COMMON TECHNIQUES OF ASIAN CUISINE

Stir-Frying

Stir-frying is a cooking technique that involves cooking ingredients in a small amount of oil over high heat, stirring frequently. This method is commonly used in Chinese, Thai, and Japanese cuisine. The high heat and constant stirring help to cook the ingredients quickly, resulting in a tender and flavorful dish.

BEEF WITH RED ONIONS AND PEANUTS

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STIR-FRIED SCALLOPS

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VEGETABLE TEMPURA

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TEMPURA BATTER

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TEMPURA DIPPING SAUCE

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STIR-FRIED GARDEN VEGETABLES WITH MARINATED TOFU

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

GARDEN TREASURES

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