Culinary Institute of America

TECHNIQUE OF THE QUARTER: STIR-FRY

SELECTION OF INGREDIENTS

Hunan

JAPAN

M (*katsuodashi*)

SOUTHEAST ASIA

Vitenam

3 (1(.)30 ( )30 ( )20 (( ))

INDIA

[illegible]

[illegible]

[illegible]

[illegible] A [illegible] **G** [illegible] ***paneer.***

STAPLE FOODS OF ASIA

GRAINS

Rice [illegible] A [illegible] A [illegible] ([illegible]).

[illegible] ([illegible]), [illegible]

Beans, Nuts, and Seeds

[illegible] A [illegible] ([illegible]) [illegible] A [illegible] A [illegible]

Vegetables

A [illegible] A [illegible] A [illegible] A [illegible]

[illegible] A [illegible]

Curries

COMMON TECHNIQUES OF ASIAN CUISINE

Stir-Frying

BEEF WITH RED ONIONS AND PEANUTS

[illegible] 10 [illegible]

M [illegible]

1. [illegible]

STIR-FRIED SCALLOPS

[illegible] 10 [illegible]

3 [illegible]

2 [illegible]

1 [illegible]

10 [illegible]

[illegible]

10 [illegible]

10 [illegible]

10 [illegible]

10 [illegible]

10 [illegible]

3 [illegible]

1 [illegible]

1 [illegible]

M [illegible]

1. [illegible]
2. [illegible] 2 [illegible]
3. A [illegible] 2 [illegible] A [illegible] 1 [illegible] A [illegible] 1 [illegible]
4. [illegible] A [illegible] 1 [illegible]

[illegible]

1-700- T [illegible] (7 [illegible]) [illegible]

VEGETABLE TEMPURA

[illegible] 10 [illegible]

[illegible]

2 — [illegible]

[illegible] ([illegible])

20, [illegible] ([illegible])

M [illegible]

1. [illegible] 3 [illegible]
2. [illegible]
3. [illegible]
4. [illegible]

TEMPURA BATTER

[illegible] 10 [illegible]

1 — [illegible]

1 — [illegible]

[illegible]

4, [illegible]

M [illegible]

1. [illegible]
2. A [illegible]

TEMPURA DIPPING SAUCE

[illegible] 10 [illegible]

1 [illegible]

[illegible]

1 [illegible]

2, [illegible] ([illegible])

[illegible]

M [illegible]

1. [illegible] 1 [illegible]

[illegible]

1-700- T [illegible] (7 [illegible]) [illegible]

STIR-FRIED GARDEN VEGETABLES WITH MARINATED TOFU

[illegible]

M[illegible]

1. [illegible] 20 [illegible]
2. *For each serving:* [illegible]

[illegible]
1-700- T[illegible]

MOO SHU VEGETABLES

[illegible]

3 —
1
1
12 —
10
10
10
10

M

1. *For each serving:* [illegible]
   A [illegible]
2. A 1, [illegible] 1, [illegible] 1—[illegible] 1, [illegible]
3. [illegible] 2 [illegible] 4 [illegible]
4. [illegible] (2—).
   [illegible]

GARDEN TREASURES

[illegible] 10 [illegible]

M[illegible]

1. [illegible]
2. [illegible] 1 [illegible]
3. A [illegible] 2 [illegible] 3 [illegible]
   A [illegible]
4. A [illegible] 3410 ( )10 (.)30 ( )□l (.)□l / • [illegible] □A [illegible] 24□2 444.2 0 ( ) 12 30 □A)1□( )10 (

[illegible]
1-700- T [illegible] (7 - [illegible]) [illegible]