



What is a Stir Fry

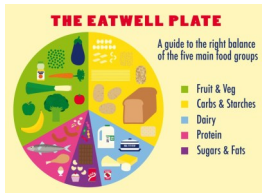
Stir frying (Chinese: 炒; pinyin: chǎo) is a **Chinese cooking technique** in which ingredients are **fried** in a small amount of very hot oil while being **stirred/tossed** in a wok.

The technique originated in China and in recent centuries has spread into other parts of Asia and the West.

Seasonality

Seasonal produce: It's important to sow your vegetable crops at the right time of year and to harvest them when they're at the peak of their tenderness and taste.

How vegetables are produced: Sow (plant) the seeds in soil, some need to start growing indoors but most are fine outside, allow plenty of sunshine and water regularly, vegetables will grow either underground (root vegetable) or above soil (leafy vegetable), harvest by digging out or cutting if above surface.



Healthy food plate

For a healthy balanced diet you should aim to eat a range of different sections of the food plate: Fruit and vegetables, Carbohydrates Protein, Dairy and Fats (including oils and sugar).

To boil noodles safely:

- Fill up a saucepan and put on a burner on high heat and bring to boil then gently place the noodles in the water only once the water has boiled (otherwise they'll end up soggy and mushy).
- Test to see whether the noodles are done. Pull out one noodle with a fork/tongs (beware of steam). Taste the noodle. It should be 'al dente'.
- Remove the noodles from heat and drain. Pour the noodles into a colander.



To fry safely:

- Place a frying pan on the hob, turn it on to a medium heat.
- Pour a tbsp of oil into the centre of the pan and allow the oil to spread evenly across the pan by lifting the pan and tilting it from one side to another.
- Place the garlic in the pan carefully, if the oil is hot it may **spit** at you—If the food is cooking too quickly/ beginning to burn, reduce the temperature. You can also move the pan off the hob—slide to side.
- Stir/flip food until it is cooked thoroughly. If the food begins to stick, you may need to add more oil.

Key Vocabulary

Vocabulary	Definition
drain	Cause the water or other liquid in (something) to run out, leaving it empty or dry.
Season	To add flavouring to a food to enhance its taste.
Spit (oil)	Move or cause to move from side to side or back and forth.
Stir/toss	Emit small bursts of sparks or hot fat with a series of short, explosive noises.
Al dente	(Of food, typically pasta) soft enough to easily chew, but still have a bit of bite.

Games Links <https://wordwall.net/resource/6427434/we-are-textile-designers-purse-making-vocabulary>