COOKSMARTS **GUIDE TO STIR-FRYING** Our guide to stir-frying teaches you the basics of this quick and healthy cooking method. With this simple cooking formula, you'll be able to get creative and make a variety of stir-fried dishes in your own home kitchen without ever having to order take-out again! **CHOOSE A PROTEIN** 1 POUND LAND SEA VEGETARIAN Boneless, skinless Shrimp Extra-firm, chicken thighs or Defrosted, rinsed, and vacuum-packed tofu Cubed or sliced breasts patted dry Cubed Squid or calamari Seitan Pork tenderloin Sliced Chopped Cubed Flank or skirt steak Firm fish like tilapia, Tempeh Sliced against the grain mahi mahi, or salmon Chopped Cubed or sliced **SEASON & TENDERIZE PROTEIN** If using chicken, pork, or steak, season If prepping ahead of time, cover with salt and pepper. Tenderize with a fork. and refrigerate up to 1 day ahead. CHOP AROMATICS (OPTIONAL) 1 TABLESPOON SHALLOTS minced or thinly sliced GREEN ONIONS GINGER white parts chopped (save minced or green parts for garnish) thinly sliced PREP VEGETABLES (MIX & MATCH) BOK CHOY chopped thinly sliced FROZEN PEAS, BELL PEPPERS EDAMAME, OR CORN sliced CARROTS TOMATOES thinly sliced diced CELERY SNOW PEAS OR sliced on a bias SUGAR SNAP PEAS trimmed and left whole CHINESE EGGPLANT chopped GREEN BEANS trimmed BEAN SPROUTS KALF MUSHROOMS stems removed and (ANY KIND) leaves torn sliced ASPARAGUS BROCCOLI OR CAULIFLOWER ends trimmed and chopped chopped and microwaved with damp paper towel for 2 minutes **ZUCCHINI AND** SUMMER SOUASH NAPA, GREEN, RED, chopped OR SAVOY CABBAGE sliced BABY CORN BABY SPINACH drained and rinsed MAKE STIR-FRY SAUCE **BASIC SAUCE CURRY SAUCE** ORANGE-GINGER SAUCE Sugar 3 cloves garlic 1 inch ginger 1 1/2 Tbsp curry paste 3 Tbsp soy sauce 1 1/2 Tbsp fish sauce 3 Tbsp soy sauce 1 Tbsp rice vinegar 2 tsp brown sugar 1 Tbsp rice vinegar 1 Tbsp brown sugar 1/2 cup stock/water 1/2 cup orange juice (1 large orange) 1/2 cup stock/water 2 tsp cornstarch 1 1/2 Tbsp cornstarch 1 1/2 Tbsp cornstarch BLACK PEPPER SAUCE SWEET & SOUR SAUCE 1 Tbsp soy sauce 3 Tbsp soy sauce 2 tsp rice vinegar 2 Tbsp ketchup 1 tsp brown sugar 1 Tbsp rice vinegar 1/2 cup stock/water 1 Tbsp brown sugar 1 tsp to 1 1/2 tsp black pepper 2/3 cup stock/water 1 Tbsp cornstarch 1 1/2 Tbsp cornstarch STIR-FRY Heat a wok over medium-high heat. Add 2 tbsp cooking oil. Once heated, add protein and let sit for 2 to 4 minutes before tossing to coat in oil. Sauté until proteins are golden and then remove from pan and set aside. (Protein does not have to be cooked all the way yet.) Wipe wok with a paper towel if needed, and return to medium-high heat. Add 1 1/2 tbsp cooking oil to pan. Add aromatics, if using. Once you can smell the aromatics, add vegetables to heated oil with a sprinkle of salt, and stir-fry for ~10 minutes until tender but still crunchy. If the pan ever looks too dry and ingredients may burn, add a splash of water or stock. Add protein back to wok and push all ingredients to the sides, forming a hole in the middle. Give your stir-fry sauce a stir and pour into the hole. Wait for it to bubble and darken before tossing everything through and making sure all the ingredients are coated. Cook until all ingredients are tender, and then remove from heat. FINISH THE DISH Add a squeeze of lemon or lime juice, and season to taste with salt. OPTIONAL GARNISHES FRESH CILANTRO FRESH BASIL GREEN ONIONS chopped thinly sliced sliced or chopped SESAME SEEDS CASHEWS OR PEANUTS HOT SAUCE STIR-FRY COMBOS CLASSIC BEEF KEY KUNG PAO CHICKEN & BROCCOLI **PROTEIN** Chicken Steak Carrots, Celery, Snow **VEGETABLES** Broccoli Peas, Baby Corn SAUCE Basic Sauce Basic Sauce Lemon Juice, Hot GARNISH Lemon Juice Sauce, Peanuts BEAN SPROUT **SAVORY SPINACH &** EASY WEEKNIGHT STIR-FRY TOMATO STIR-FRY STIR-FRY Pork Seitan Tofu Onions, Carrots, Roma Tomatoes, Baby Bell Peppers, Bean Celery, Brown Corn, Baby Spinach Sprouts Mushrooms Basic Sauce Basic Sauce Basic Sauce Lemon Juice, Hot Lemon juice, Hot Lemon Juice, Sauce, Green Onions Sauce, Green Onions Hot Sauce CABBAGE, CARROT EGGPLANT & GREEN & CORN STIR-FRY FISH STIR-FRY STIR-FRY Tilapia Mahi Mahi Steak Cabbage, Carrots, Napa Cabbage, Snow Eggplant, Bean Peas, Edamame Sprouts Corn Basic Sauce Basic Sauce Basic Sauce Lemon Juice, Hot Lime Juice, Green Lemon Juice, Fresh Onions Sauce, Green Onions Basil, Sesame Seeds TWO-PEAS GREEN RED CURRY SHRIMP SALMON & GREEN BEAN STIR-FRY **CURRY STIR-FRY CURRY STIR-FRY** Chicken Shrimp Salmon Onions, Bell Peppers, Onions, Snow Green Beans, Brown Chinese Eggplant Peas, Peas Mushrooms Curry Sauce Curry Sauce Curry Sauce Lime Juice, Lime Juice, Fresh Lime Juice, Fresh Fresh Basil Cilantro Cilantro **PORK & KALE** ORANGE CASHEW SPRING STIR-FRY STIR-FRY CHICKEN Chicken Squid Pork Bell Peppers, Zucchini, Zucchini, Asparagus, Celery, Kale Sugar Snap Peas Peas, Corn Curry Sauce Curry Sauce Orange-Ginger Sauce Lemon Juice, Cashews, Lemon Juice, Lemon Juice, Fresh Hot Sauce Green Onions Cilantro, Peanuts ORANGE SCALLION ORANGE-GINGER & ORANGE-SESAME CASHEW STIR-FRY TILAPIA STIR-FRY Tilapia Salmon Tempeh Onions, Bell Bok Choy Asparagus, Edamame Peppers, Kale Orange-Ginger Sauce Orange-Ginger Sauce Orange-Ginger Sauce Lemon Juice, Lemon Juice, Sesame Lemon Juice, Green Sesame Seeds Seeds, Cashews SPICY CAULIFLOWER PEPPERY PORK SQUID WITH BLACK PEPPER SAUCE STIR-FRY STIR-FRY Seitan Squid Pork Onions, Cauliflower, Bell Peppers, Zucchini Onions, Bell Peppers Shiitake Mushrooms Black Pepper Sauce Black Pepper Sauce Black Pepper Sauce Lemon Juice, Green Lemon Juice Lemon Juice Onions **BLACK PEPPER STEAK BLACK PEPPER** SWEET & SOUR CHICKEN STIR-FRY CASHEW TOFU & VEGETABLES Chicken Steak Tofu Bell Peppers, Broccoli, Onions, Broccoli, Baby Corn, Sugar Chinese Eggplant Mushrooms Snap Peas, Bok Choy Sweet & Sour Sauce Black Pepper Sauce Black Pepper Sauce

Lemon Juice, Green

SWEET & SOUR BASIL

EGGPLANT

Sweet & Sour Sauce

Lemon Juice, Sesame

Chicken

Eggplant

Seeds, Fresh Basil

Onions

Lemon Juice, Fresh

Cilantro, Peanuts

SWEET & SOUR

SHRIMP

Onions, Bell Peppers,

Sweet & Sour Sauce

Sugar Snap Peas

Shrimp

Lemon Juice

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