

# CHICKEN VEGETABLE STIR-FRY COOKING TERMS DEMONSTRATION

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During the demonstration students will define cooking terms on **COOKING TERMS OUTLINE**. Finally, students will sample the stir fry.

## INGREDIENT PREPARATION PRIOR TO COOKING:

1 c. uncooked chicken	<b>Cubed</b> - to cut into small even sided pieces
1 medium onion	<b>Diced</b> - to cut into very small cubes
1/2 clove garlic	<b>Minced</b> - to cut or chop into very small pieces
1 cube chicken bouillon dissolved in 1/2 c. water	<b>Dissolved</b> - a dry substance that passes into a solution of liquid
1/4 head cauliflower	<b>Chop</b> - to cut into small pieces
2 stalks celery sliced diagonally	<b>Sliced</b> - to cut into thin sections
1 medium zucchini sliced	<b>Pare vs Peel</b> - <b>Pare</b> means to cut off the outer covering
1 carrot	<b>Peel</b> - remove or strip off
	<b>Grated</b> - separate food into small pieces by rubbing against a grater

## OTHER INGREDIENTS

3 Tbsp. oil	<b>Peanut</b> - higher smoke level
If butter	<b>Melt</b> - to change from a solid to a liquid with heat
1 (16 oz.) can Mixed Chinese Vegetables	
1 Tbsp. cornstarch	
1 tsp. season salt	<b>Season</b> - to add seasoning to make food taste better

## DIRECTIONS

Dredge chicken                      **Dredge** - to coat surface with flour, meal or other powdery substance

Sauté in oil                      **Sauté** - to cook in a small amount of hot fat

Mix in onions, garlic and mushrooms                      **Mix** - to combine ingredients usually by stirring

Push chicken and vegetables up on the side of the wok.

Add bouillon and place lid on wok to steam for three minutes stirring occasionally

**Steam** - to cook with steam with or without pressure

**Stirring** - to mix in a circular motion using a spoon or fork

Meanwhile, drain Chinese Vegetables saving the liquid; set vegetables aside.

**Drain** - to pour off the liquid

Mix cornstarch to the reserved liquid.

Add cauliflower, celery and push up on the sides of the wok.

Blend in zucchini                      **Blend** - to mix one or more ingredients

Steam for 1-1/2 minutes.

Add liquid, mixed Chinese vegetables, carrots and stir until thickened.

Add seasoning and serve. **Season** - adding spices for flavor

## WOK COOKING

Even amount of heat over a large area which cooks food on a high temperature for a short time. It seals in the juices to make product more tender and nutritious. Electric or stove top styles are available. Electric temperature is set at 375 degrees F.