

## Quick Tips

- The method of cooking called *stir-fry* means quickly frying small pieces of food in a large pan over high heat while briskly stirring the food.
- The secret to stir-frying is in the pre-preparation. Make sure meat and vegetables are cut into small pieces. Cook the meat first; remove it from heat and keep warm. Then, stir-fry the vegetable that takes the longest time to cook, and add the vegetables that cook more quickly in small batches.
- If you have a large amount of meat to cook, cook it in two batches. Why? A crowded pan steams the meat rather than frying it. Cooking quickly in smaller batches promotes browning and better flavor.
- The **Stir-Fry Skillet** is a natural choice for stir-frying foods. Its sloped sides resemble a wok and encourage the food to flip over as it is briskly stirred. Plus, the nonstick coating keeps the food from sticking and requires very little oil. The **Family Skillet** also works well because of its large size.
- To flatten chicken breasts, place individually in a resealable plastic bag and add 1 teaspoon of water (the water will keep the chicken from tearing and sticking to the bag).
- When stove-top cooking is not an option, prepare the salad using chopped cooked chicken.
- These stir-fry mixtures and vegetables can be spooned into flour tortillas and served as wraps.
- For a fast way to add ginger flavor, grate gingerroot using **Ultimate Slice & Grate**. Gather gingerroot in palm of hand and squeeze over bowl to release juice; discard flesh.
- Broccoli slaw mix is made from broccoli stalks, carrots and red cabbage. It can be found in the produce section of most grocery stores. Regular cabbage slaw mix can be substituted.
- The **Rice Cooker Plus** makes perfect rice and prevents boil-overs in the microwave. It also cooks potatoes, vegetables and soups, and reheats leftovers in the microwave.

## Fun Facts

The world's largest stir-fry weighed 1543 pounds and was made by London's TV chef, Nancy Lam, in 2004. (Source: Guinness World Records 2005)

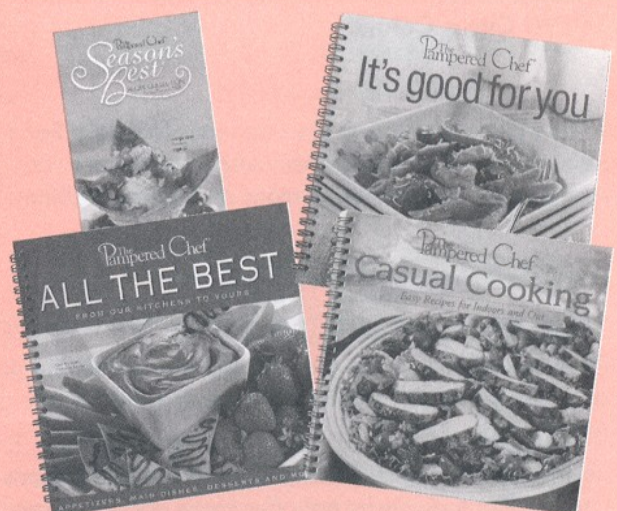
**Thai Chicken Stir-Fry** Thailand is located between China and India, and both countries influence its cuisine. Chopsticks are not used in Thailand. The people of Thailand eat with a spoon, fork and knife.

**Chicken Curry Stir-Fry** Curry powder is a combination of up to 20 spices including coriander, fenugreek, cumin and turmeric, which gives it a yellow color. Curry blends vary widely depending on the region of India where they originate.

For more delicious stir-fry recipes, try:

- **Season's Best® Recipe Collection (Spring/Summer 2005):** Teriyaki Beef Fried Rice
- **The Pampered Chef® It's Good for You** cookbook: Teriyaki Pork Stir-Fry
- **The Pampered Chef® All the Best** cookbook: Spring Pasta Stir-Fry
- **The Pampered Chef® Casual Cooking** cookbook: Cashew Chicken & Broccoli Stir-Fry, Bananas Foster Stir-Fry

In addition, refer to Consultant's Corner at [www.pamperedchef.com](http://www.pamperedchef.com) for winning family recipes from Fall 2003, Spring 2004 and Fall 2004 Celebrations Kitchen Shows.



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