

Guidelines for Sauteing & Stir-frying

- Meat preference: Tender meat
- Add oil just enough to cover the surface of the pan.
- Choose appropriately sized pan, large pans can be too hot and may scorch items.
- Fabricate meat into small evenly-cut pieces.
- You may dredge meat in flour if white meat (fish or chicken) but you have to adjust the temperature otherwise the flour will burn.
- Adjust the temperature so the inside cooks. Heat should be high enough to cook the item without it letting out its juices.
- Avoid stirring when cooking, instead, toss the food intermittently. Doing so allows even distribution of seasonings/seasonings and promotes even cooking.
- Large items should be turned using tongs or a kitchen fork, do not splash hot fat.
- Doneness determined by (1) touch or (2) timing.