

**Cooking With Heat + Stir-Fry Recipe****What's this lesson all about?**

It's time to turn up the heat. There are so many different techniques that can be used to cook food. Stir-frying, similar to sautéing, is a popular way to cook food all in one pan– with tasty results. In the lesson, you'll learn how to cook safely with high heat, how to chop veggies “julienne” style, and to make a delicious (and easy!) stir-fry.

**LEARN ABOUT IT****Cooking with heat safety tips**

- Ask a grown-up to help you.
- If you can't reach the oven, use a step stool.
- Turn your pot and pan handles away from you, in toward the stove, so you don't hit them by accident.
- Never touch a hot pot handle.
- Always use a timer when you cook to ensure you don't burn anything.

**What is stir-fry?**

- Stir-frying is a Chinese cooking technique in which ingredients are cooked quickly in a small amount of very hot oil while being stirred in a pan or wok.
- The technique originated in China and in recent centuries has spread into other parts of Asia and the West.
- Cooking food in oil in a pan at high heat is also called sautéing.
- A stir-fry is the ultimate one-pan dish and literally any combination of ingredients can be used to create a stir-fry.
- Stir-fry dishes can include chicken, shellfish, pork, beef, and vegetables.

**Cutting “Julienne” or match-stick style**

- To julienne food, cut it into narrow sticks that are usually 3 inches long and 1/8-inch thick
- It's easiest to julienne food with a chef's knife or utility knife
- Determine the length of your julienne and cut the vegetable onto pieces that size; then, trim the vegetable so its sides are straight
- Next, hold your knife vertical and slice each piece into 1/8-inch panels
- Finally, lay the panels out on the cutting board, and cut them lengthwise to create uniform matchsticks
- Types of foods often julienned: potatoes, carrots, celery, peppers
- What are other foods you could julienne?

FOOD FOUNDATION STANDARDS: Food is fun, Food is from the earth, Food is fuel

This lesson meets the following Indiana State Academic Standards: 4.RV.1, 5.RV.1, 6.RV.1, 4.SL.1, 5.SL.1, 6.SL.1, 4.SL.2.1, 5.SL.2.1, 6.SL.2.1, 4.SL.2.3, 5.SL.2.3, 6.SL.2.3, 4.SL.2.4, 5.SL.2.4, 6.SL.2.4, 4.SL.2.5, 5.SL.2.5, 6.SL.2.1, SEPS.1, SEPS.2, SEPS. 8, 4.PS.3, 5.PS.1, 5.1.1, 5.1.2, 5.3.1, 5.4.2, 5.4.3, 5.4.6, 5.5.1, 5.5.5, 5.6.1, 5.6.2, 5.6.5, 5.7.1, 5.7.2, 8.1.1, 8.3.2, 8.4.1, 8.4.2, 8.4.3, 8.4.4, 8.5.1, 8.5.3, 8.5.4, 8.5.6, 8.6.2, 8.6.5, 8.7.3

**FOOD IS FUN! FOOD IS FUEL. FOOD IS FROM THE EARTH. FOOD IS FOR SHARING!**

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# BE A FOOD EXPLORER

**LEARN:** Would it surprise you to know that baking a cake is a Chemical Change? Chemical changes happen all the time in the kitchen, but what exactly is a chemical change? Find out in this video from Crash Course Kids.

Click this link: [https://www.youtube.com/watch?v=37piroej\\_SE](https://www.youtube.com/watch?v=37piroej_SE)

**WONDER:** Soy sauce is a tasty addition to your stir-fry and many other dishes, but did you ever wonder how it's made? Find out the 750-year-old technique for making soy sauce that is still used today.

Click this link: <https://www.youtube.com/watch?v=EMmyamL4VGw>

**CONNECT:** Go to someone in your house and come up with your own combination of foods that would taste good in a stir-fry. Take a look inside your fridge. Are there other ingredients you already have on hand that you could add to the recipe below? Pineapple? Ginger? Spicy peppers?

**MAKE:****Stir-Fry**

This recipe makes 5-6 servings. You can store leftover cooked chicken in the fridge or freezer for later, or cut the recipe to reduce number of servings. (For example, to cut the recipe in half, divide the quantity for each ingredient by 2). Feel free to make substitutions as needed. Use what you have on hand! Make sure you have a grown-up to help you while cutting and cooking with heat.

**Ingredients**

- 1 cup chicken\*
- Cooking oil
- ¼ cup honey
- ½ cup soy sauce
- ¼ cup rice vinegar
- 2 medium carrots
- 1/2 onion
- 1 red pepper
- 1 cup pineapple
- 1 cup peapods
- 1 lime
- ¼ bunch cilantro
- 1 cup cooked rice or spaghetti noodles

**Materials**

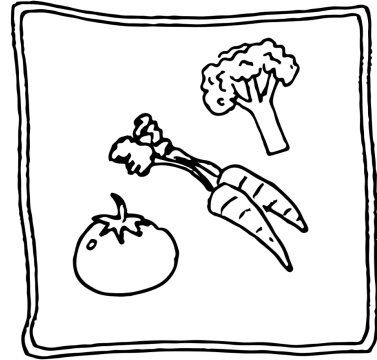
- Frying pan
- Cutting boards (one for raw meat, one for veggies and herbs)
- Knives
- Gloves
- Mixing bowls
- Tongs
- Wash cloths

\*Grown-ups, feel free to cook chicken ahead of time if you want to avoid cross-contamination risks with raw meat and veggies.

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**Cooking With Heat + Stir-Fry Recipe****Directions**

1. Cut raw chicken in to small cubes. Always wash your hands thoroughly with warm water and soap after touching raw meat (or use gloves) and use a separate cutting board and clean knife to cut veggies.
2. Add cooking oil to the pan and cook chicken\*, stirring occasionally, over medium-high heat for 10 minutes or until cooked through.
3. Remove chicken from pan and set aside.
4. Julienne the carrots and red pepper (don't forget to use a clean knife and cutting board!)
5. Chop the onion.
6. Cut the lime in quarters.
7. Separate the stems from the cilantro leaves and finely chop the leaves.
8. Heat oil in the pan over high heat.
9. Add onions and stir.
10. Add rest of vegetables to the pan and cook lightly, stirring constantly.
11. Add cooked chicken, soy sauce, honey, and garlic powder to the pan, stirring constantly.
12. Add juice from the lime and cilantro to veggies in the pan.
13. Add rice or noodles to the pan and toss until all is heated through.
14. Serve and enjoy!



\*See “Turn up the Heat pt. 1” for a step-by-step guide to sautéing

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