

## Stir-fry

Stir-frying is a quick and healthy cooking method, and can be used to cook meat and fish, as well as vegetables (demonstrated here): in all cases, chop your ingredients to the same size, keep the heat high, stir constantly, and use very little oil. If you don't have a wok, use a large frying pan.



**1** When stir-frying, you need to prepare everything ahead of time, so it can be added to the pan in an instant. If you prepare as you go, the time between adding ingredients will mean those already cooking in the pan will cook for too long. Slice or dice your vegetables to a similar size, and thinly slice the chile, fresh ginger, and garlic (if using).



**3** Add the vegetables in order of firmness (firmest first), adding the garlic last, as it burns easily. Continue stirring all the time so the vegetables don't stick to the wok, and burn. Stir-fry for 4–5 minutes, until the vegetables are cooked. Season well, and serve immediately.

### CHOPPING



Cutting vegetables—or any food—into small pieces is best done in a series of steps. (STEP 1) (STEP 2) (STEP 3) a rocking motion; the knife must be sharp.

**STEP 1:** First, cut the food into manageable and somewhat even-sized chunks.

**STEP 2:** Then chop it into smaller pieces.

**STEP 3:** Finally, if necessary, mince, using a rocking motion; the knife must be sharp.

### Peel Tomatoes

To peel tomatoes, cut a cross on the bottom of each. Place them in a bowl and cover with hot water; count to 10, and drain. Return the tomatoes to the bowl and cover with ice water. The skins will peel off easily.



**2** Heat the wok over medium-high heat, then add 1½ teaspoons of vegetable or sunflower oil. Heat until hot and sizzling. Add the spices first, and stir-fry vigorously for a minute, making sure they don't brown. If you want to add meat or seafood to your stir-fry, add it to the pan now.

