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Knife Skills-The Basics Ingredients, Equipment, Recipe

with Liz Barbour

Plan to have your ingredients and equipment ready 10 minutes before class begins.
If you are cooking your stir fry with Liz, prepare the stir fry sauce before class.
If you would like Liz to see your cutting surface while you work, plan to set that up for class.

Vegetables to be cut in class:

*1 large carrot, peeled
1 medium yellow onion
1/2 lb broccoli w/stems
1 large pepper-red, yellow, or orange
1/4 lb snow peas
3 scallions
Fresh cilantro (a handful with stems) or flat leafed parsley- if you do not like cilantro*

Equipment for class:

*1 chef's knife -[Liz's favorite](#)
knife sharpener-[Liz's favorite](#)
Cutting board-largest you own
6 bowls to place your cut vegetables in
1 large sauté pan or wok-if you are cooking along w/Liz
lid for your pan
Tongs*

Before class:

Prepare stir fry sauce below.
If adding chicken, steak, or tofu to your stir fry, have it cut as per the recipe below.
Prepare some rice if you would like to serve with your stir fry.

Hot and Spicy Stir Fry Sauce

Martin Yan (prepare before class)

Makes 2 cups

2/3 cups Chinese rice wine or dry sherry

1/3 cup soy sauce

1/3 cup chicken or vegetable broth

3 tablespoons sugar

1/2 tsp white or black pepper

1 1/2 tablespoons chili garlic sauce or 2 teaspoons crushed red pepper

2 tablespoons cooking oil

1 1/2 tablespoons minced garlic

1 1/2 tablespoons minced ginger

2 tablespoons cornstarch

1. Combine the rice wine, soy sauce, broth, sugar, pepper, and garlic sauce in a bowl. Set aside. Combine the cornstarch and water in a small bowl and stir. Set aside.
2. Heat a saucepan with the cooking oil over medium heat. Add the garlic and ginger and cook stirring for about 20 seconds.
3. Add the soy sauce mixture and bring to a boil, reduce to a simmer and cook for 2-3 minutes.
4. Stir up the cornstarch mixture and add to the hot sauce while stirring and cook until thickened. Store sauce in refrigerator for up to 3 weeks or freeze.

Stir Fry with Hot and Spicy Sauce

Serves 2-4

2 Tbs oil (peanut oil, avocado oil, or coconut oil)

2 1/2 pounds prepared vegetables, divided into batches based on cooking times *See veggie options

1/2 cup cilantro, chopped roughly

Optional protein additions:

1 pound chicken breast or sirloin tips, cut into 1-inch pieces

or

1/2 pound extra firm tofu, drained, pressed between paper towels, and cut into 1/2 inch cubes

1. Prepare hot and spicy stir fry sauce and set aside.
2. Add 2 tbs of oil to a large fry pan and heat pan over high heat until oil is shimmering. If cooking chicken or beef, add to hot oil and toss until cooked through. Remove from pan.
3. Add more oil if needed and add longer-cooking vegetables first and cook over high heat, stirring until crisp-tender, 3 to 5 minutes. If using broccoli, add to skillet with 1/4 cup water, cover, and steam over high heat for about 2 minutes; uncover. Add faster-cooking vegetables (and tofu if using) and cook until vegetables are crisp-tender, 30-60 seconds (add cooked chicken or beef if using).
4. Pour 1 cup stir fry sauce (see above) over cooked vegetables. Add more if you like. Add chopped cilantro. Serve immediately.