

7. What does “Mise en Place” mean and why should you Mise en Place your ingredients before stir-frying?

8. What type of oil is best for stir-frying?

9. Why should food be constantly moving when stir-frying?

10. What heat temperature is used with stir-frying?

11. Why should you not over-crowd your vegetables when stir-frying?

12. How do you eat stir-fries?



