



# Y4 We Are Chefs: World Cuisine - Stir Fry—Knowledge Organiser



## Key Knowledge

Learn this information

**Stir frying** (Chinese: 炒; pinyin: chǎo) is a **Chinese cooking technique** in which ingredients are **fried** in a small amount of very hot oil while being **stirred/tossed** in a wok.

The technique originated in China and in recent centuries has spread into other parts of Asia and the West.



### Recap from Year 3:

To **chop**, **peel** and **grate** vegetables safely using the most appropriate techniques:

**Claw** To **Chop** safely— using the claw - tucking in thumb or fork hold techniques.

**How to grate** safely using a grater— grate away from self, grater positioned downwards against chopping board.

**Peel** How to **peel** safely using a peeler— peel away from self, peel middle of vegetable, rotate vegetable.

How to **measure** accurately using both: **Measuring jug** (ml) - fill liquid until it reaches required amount looking at the line carefully, pour some away if there is too much. And **electronic scale** (g) - Press On/Off/Zero to set the weight to 0g.

### How to thoroughly cook raw turkey mince:

*Please note: You do not need to cook meat until year 5.*

Turkey mince will take approximately **10-15 minutes** to cook in a medium sized pan. However, the best way to know that your turkey is cooked is to wait until the meat is **white and opaque**, **not pink or translucent**. This is the same as chicken as they are both a white meat.



## Key Skills

Practise and perform these skills

**New for Year 4: To attain my Grade Two Certificate.**

### Bridge hold

**Bridge hold:** To **chop** using the 'bridge hold'— Using one hand, make a **bridge over** the vegetable or fruit with fingers on one side and thumb on the other, cut down under the 'bridge'.

### To boil noodles safely:

- Fill up a saucepan and place it on a burner over high heat to bring a large pot of water to a boil.
- Place the noodles in the water only once the water has boiled (otherwise they'll end up soggy and mushy). *Add the noodles gently so you don't splash hot water back onto your skin. You may want to place them in using tongs.*
- Boil the noodles until tender. Check the pack for time guidance as these vary depending on thickness.
- Test to see whether the noodles are done. Pull out one noodle with a fork/tongs (beware of steam). Taste the noodle. It should be 'al dente'.
- Remove the noodles from heat and drain. Pour the noodles into a colander to drain the water away. *This is the most dangerous part with regards to steam. Place colander/strainer in sink, hold pan with two hands and pour water away from you slowly. Once all the water is poured out, pick up the colander and give it a gentle toss to allow any trapped water to escape. Place aside to cool.*
- **Top tip:** *Add a few drops of olive oil to the drained noodles. Finely coating the noodles keeps them from sticking together!*

### How to fry safely:

- Place a frying pan on the hob, turn it on to a medium heat.
- Pour a tbsp of oil into the centre of the pan and wait for it to heat—you may hear it start to sizzle.
- Holding the handle of the pan, allow the oil to spread evenly across the pan by lifting the pan and tilting it from one side to another.
- Place the garlic in the pan carefully, if the oil is hot it may **spit** at you—*this can cause burns. Avoid this by using a long tool (wooden spoon) to place the garlic into the pan.*
- If the food is cooking too quickly/beginning to burn, reduce the temperature. You can also move the pan off the hob—slide to side.
- Stir/flip food until it is cooked thoroughly. If the food begins to stick, you may need to add more oil.

## Key Vocabulary

Understand these key words

Word	Definition
<b>Wok</b>	A bowl-shaped frying pan used typically in Chinese cooking.
<b>Boil</b>	Cook or be cooked by immersing in boiling water or stock.
<b>Fry</b>	Cook in hot fat or oil, typically in a shallow pan.
<b>Chop/slice</b>	Cut something into pieces with repeated sharp blows of a knife.
<b>Peel</b>	To remove the peels from vegetables or fruits.
<b>Grate</b>	The process of transforming firm food items into small pieces by rubbing the item against a grater.
<b>Drain</b>	Cause the water or other liquid in (something) to run out, leaving it empty or dry.
<b>Colander/Strainer</b>	A device with holes punched in it made for separating solid matter from a liquid. 
<b>Steam</b>	The vapour into which water is converted when heated, forming a white mist of minute water droplets in the air. <b>Extremely hot—can burn you!</b>
<b>Stir/Toss</b>	Move or cause to move from side to side or back and forth.
<b>Spit (oil)</b>	Emit small bursts of sparks or hot fat with a series of short, explosive noises.
<b>Season</b>	To add flavouring to a food to enhance its taste.
<b>Tongs</b>	An instrument with two movable arms that are joined at one end. Picks up and holds things.
<b>Al dente</b>	(Of food, typically pasta) soft enough to easily chew, but still have a bit of bite.