



Rainbow stir fry



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Skills you will learn

Skills you will learn:

- Designing for a purpose/consumer
- Safe knife techniques – bridge and claw
- Making Julienne strips
- Shredding
- Dicing
- Chopping
- Slicing
- Blending a sauce
- Coating vegetables
- Stir frying
- Garnishing and presentation
- Adapting a basic stir-fry recipe





Collect the equipment

- Colander and plate
- Chopping board
- Sharp knife
- Small dishes for prepared vegetables
- Wok
- Wooden spoon or tongs
- Measuring jug
- Serving dishes





Collect the ingredients

Choose a range of different coloured vegetables

½ red pepper, ½ yellow pepper, 50g baby sweetcorn, 100g beansprouts, 100g mushrooms, 1 red onion, ½ green pepper, 50g mange tout, 1 stick of celery, ½ orange pepper, 2 small carrots, ¼ small red cabbage.



You will also need

15ml vegetable oil and 30ml soy sauce.

For flavour - add 2 spring onions, 2cm piece of ginger and 1 red chilli.

OPTIONAL - Add sweet and sour sauce – shake together the following in a jar – 15ml runny honey, 30ml white wine vinegar, 150 ml vegetable stock, 15ml cornflour and 15ml tomato puree.

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Choose from this selection



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Prepare the vegetables

The ingredients shown here have all been prepared for the Rainbow stir fry.





Preparing the vegetables - by colour - Slice the red pepper





Prepare the yellow ingredients

Yellow pepper
slice, as red
pepper.

Beansprouts, place
in sieve, rinse.

Baby corn – hold
carefully using
fingers in a claw
shape – slice
diagonally.





Prepare the pink ingredients



The mushrooms have a pink inside.



The red onions can be used for the pink or red ingredients. The next slide shows how to prepare them.



Prepare the pink ingredients



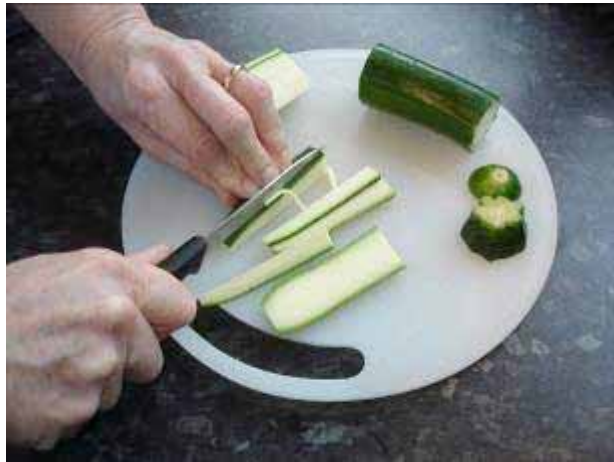
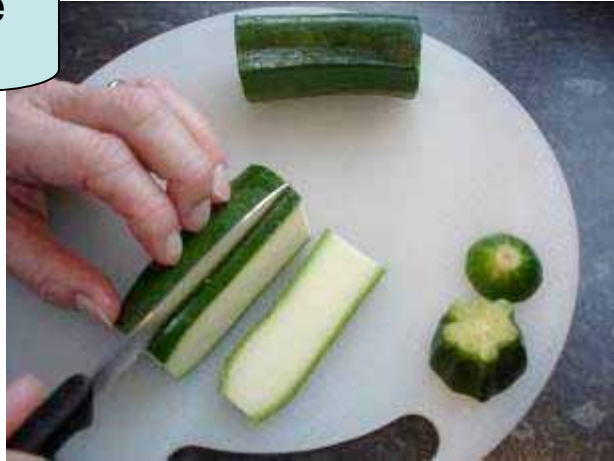
Slice the onion





Prepare the green ingredients

Julienne strip the courgette

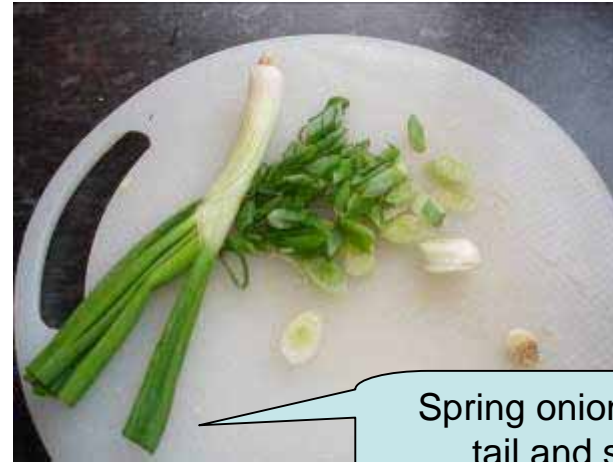




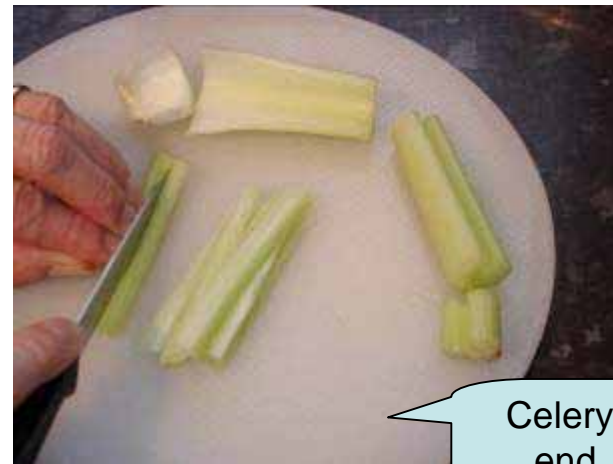
More green ones



Mangetout – top, tail then Slice into strips



Spring onions -top, tail and slice



Celery - slice off each end, Julienne strip



Prepare the orange ingredients



The carrot is cut into Julienne strips, more steps are shown on the courgette slide.

Using a peeler is the safest way to peel the carrot.





Prepare the purple or blue ingredients



The red onion is also purple when cooked, so this could be a vegetable in this group.





Prepare the flavouring ingredients



Prepare the red chilli

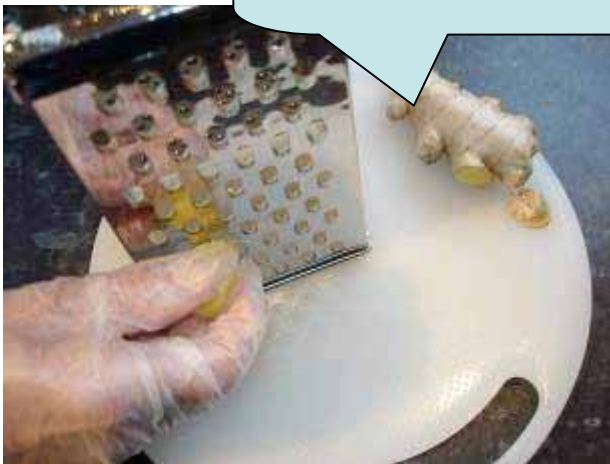




And more flavourings



Prepare the ginger and spring onion



The prepared flavourings



Organise the ingredients

Work out the order in which the vegetables need to be stir fried – the harder their texture the longer they will need to be in the wok.

Look at these bowls of ingredients. Those placed at the front row are the first in the wok.

