

Study Guide

Stir-Fries & Casseroles

Directions: Read chapter 40, and answer the following questions. Later, you can use this study guide to review.

1. List the advantages of preparing a stir-fry or a casserole.

2. Name the keys to preparing a stir-fry.

3. At what point should you cook the grain when preparing a stir-fry?

4. Describe how to cut the protein foods for a stir-fry.

5. Explain the function of a stir-fry sauce.

6. Why is a wok a good pan to use when preparing a stir-fry?

7. Why is it best to undercook vegetables in a stir-fry?

8. Explain why casseroles became popular.

(Continued on next page)

Chapter 40 Study Guide (continued)

9. List and describe the types of ingredients found in all casseroles.

10. When a casserole is described as “au gratin,” what does this mean?

11. Describe the most suitable baking dish for cooking a casserole.

Activity 1

Stir-Fries & Casseroles

Stir-Fry and Casserole Combinations

Directions: Review the suggested combinations for stir-fries and for casseroles in the textbook. Pick one combination for each and find a recipe using some of those ingredients or create your own recipe, and write it on the recipe cards below. If possible, taste-test one of the combinations, and give your opinion in the space provided on page 184.

Stir-Fry

Casserole

(Continued on next page)

