

Activity 1

Stir-Fries and Casseroles

Stir-Fry Essentials

Purpose: To describe how to prepare a stir-fry.

Directions: In the space provided, answer each item below to better understand stir-frying.

1. What is stir-fry?

2. On what foods is stir-fry based?

3. Name the keys to a good stir-fry.

4. What should be done before you start a stir-fry?

5. How would you choose a grain for stir-fry?

6. What is the proper way to prepare protein for stir-fry?

7. What makes a good stir-fry sauce?

8. How long should you wait before serving stir-fry?

Activity 2

Stir-Fries and Casseroles

Casserole Essentials

Purpose: To demonstrate knowledge of casseroles.

Directions: For each blank below, fill in the correct answer from the text.

- _____ 1. A(n) ___?___ is a flavorful combination of precooked or quick-cooking foods in a one-dish meal.

- _____ 2. The word casserole comes from a(n) ___?___ word meaning “baking dish.”

- _____ 3. Casseroles have an image as a(n) ___?___ ___?___ for leftover cooked meats, poultry, grains, dried beans, and vegetables.

- _____ 4. The casserole gained popularity in the United States in the mid-twentieth century as a result of the ___?___.

- _____ 5. The two World Wars resulted in an increasing number of women in the workforce and the need for ___?___ - ___?___ - ___?___ meals.

- _____ 6. Casseroles have a(n) ___?___ ingredient which provides a dominant flavor.

- _____ 7. ___?___ thicken the mixture by absorbing liquids while adding flavor and nutrients.

- _____ 8. You also need a(n) ___?___, a liquid that helps hold the mixture together.

- _____ 9. ___?___ are used to enhance the flavor of the casserole.

- _____ 10. Casseroles described as ___?___ are topped with buttered crumbs or grated cheese.

- _____ 11. To bake, place the ingredients in a covered ___?___ - to ___?___-inch deep casserole dish. Follow the instructions in the recipe for cooking time and temperature.

- _____ 12. Casseroles are typically baked in a preheated oven at ___?___ °F for ___?___ to ___?___ minutes.

Activity 3

Stir-Fries and Casseroles

Stir-Fry and Casserole Vocabulary and Techniques

Purpose: To identify important vocabulary and techniques associated with casseroles and stir-fries.

Part I. Directions: Match each description in the left column to the corresponding term in the right column. Write your answer in the space provided to the left of each number.

Descriptions

- _____ 1. A French practice meaning “put in place.”
- _____ 2. A combination of bite-size pieces of food stirred constantly while frying in a small amount of oil.
- _____ 3. A flavorful combination of precooked or quick-cooking foods in a one-dish meal.
- _____ 4. A casserole topped with buttered bread crumbs or grated cheese.
- _____ 5. A liquid that holds a mixture together.

Terms

- A. Au gratin
- B. Binder
- C. Casserole
- D. Mise en place
- E. Stir-fry

Part II. Directions: Describe the *mise en place* for preparing stir-fry in the space provided.

- 1. _____

- 2. _____

- 3. _____

- 4. _____

- 5. _____

- 6. _____

- 7. _____
