

## How To Cook Any Stir-Fry in Six Easy Steps

*Once you realize you don't need a recipe for everything, you may find yourself cooking a lot more often. Stir-fry is a perfect example—the steps stay the same, and you can use whatever is in the fridge.*

There are a few technical issues that are really the key to stir-fry success. You need to **get your pan hot enough and don't cram too many ingredients into the wrong-sized pan.**

### The Six Steps

1. Stir-fries cook quickly so act like a scout and **be prepared**. Cut all vegetables small enough that they'll cook fast, and line up all ingredients next to the stove in the order they'll go into the pan. Always dilute soy sauce in a ratio of 1 part soy to 1 part water—when it hits the hot pan it will reduce, gaining back its strength.
2. **Choose your noodle.** I find all noodles are good noodles as long as they're long. Cook them to al dente and cool them.
3. **Cook the protein first**, adding half the diluted soy after the protein has caramelized. Remove the protein to a plate, wipe out the pan, and reheat it.
4. **Sear the vegetables** until tender. Be sure to add the vegetables that take the longest to cook to the pan first. Carrots first, ginger and garlic last.
5. **Combine everything in the pan** and toss just till it's warmed through, adding the remaining diluted soy sauce last.
6. **Add the garnish**—green onions, chives or cilantro—which in Asian food isn't optional. It's an actual ingredient that needs to be added for flavor.