

# SAUTÉING, PAN-FRYING & STIR-FRYING



## DIFFERENT METHODS OF PAN COOKING

### Sautéing

Sautéing is a cooking method that uses a relatively small amount of oil or fat in a shallow pan over a very high heat.

### Pan-Frying

Pan frying is a dry cooking method in which minimal cooking oil or fat is used, typically using just enough to grease the pan.

### Stir-Frying

Same as sautéing, but in a larger pan. Typically includes adding sauce prior to removing food from the pan, as well as constant movement of the pan.

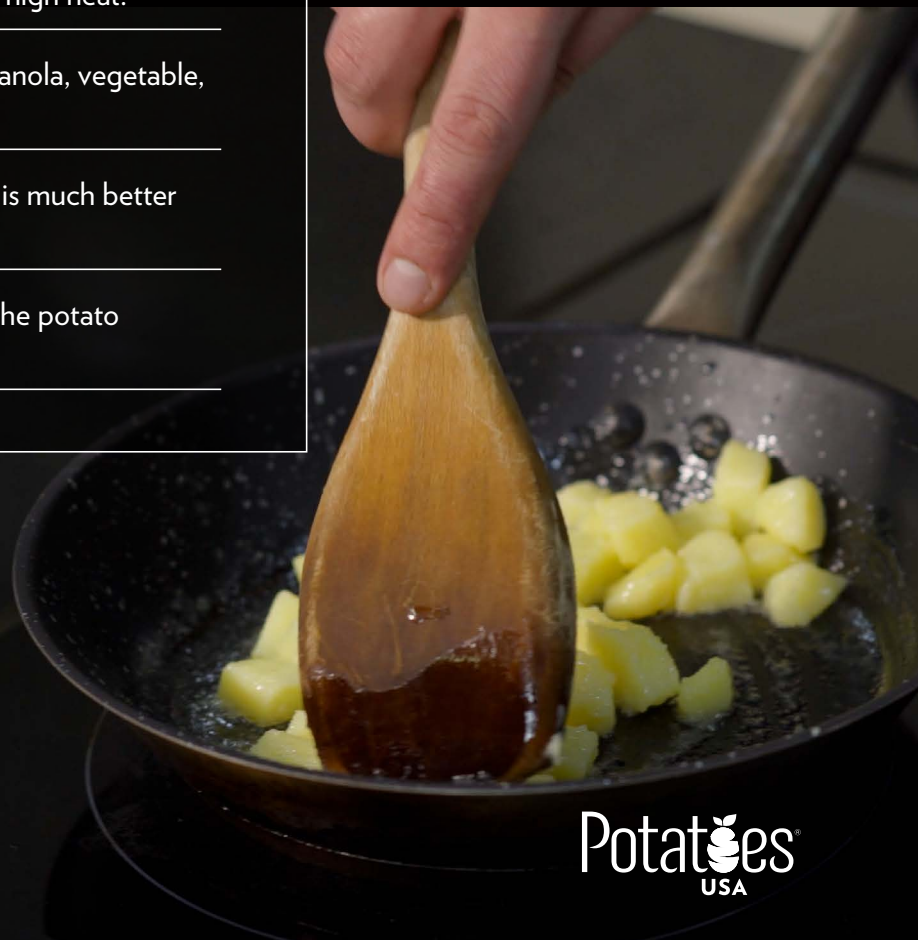
#### Key Points

Sautéing, Pan-Frying, and Stir-Frying are dry heat methods utilizing a thin layer of fat or oil in a pan over high heat.

Use an oil with a high smoke point, such as canola, vegetable, soybean, grapeseed, or coconut.

The biggest benefit to frying is speed, as fat is much better at transferring heat than air or water.

Frying time varies depending on the size of the potato and temperature of the pan.





## Proper Technique



1

For even cooking and texture, par cook (boil, blanch, or steam) the potatoes first.



4

Add only enough fat to lightly coat the bottom of the pan as needed.



2

Choose a pan: cast iron, sauté pan, skillet, griddle, or flat top all work well.



5

Add potatoes, making sure not to overcrowd the pan. Keep food in a single layer to allow steam to escape.



3

To keep potatoes from sticking to the pan, get it rocket hot before adding oil.



6

Remember that tossing or stirring too often may cool the pan and extend cooking time.

## Applications

Sautéing: diced potatoes, hash browns, home fries, etc.



Pan-Frying: potato burgers, potato-crusted meats, latkes (potato pancakes).



Stir-Frying: fried riced potatoes, fries, beef, broccoli and potato stir fries.

