

Seasonal Stir-Fry & Spring Rolls

Group cooking to explore the seasons



Seasonal Stir-Fry and Spring Rolls Activity

Time	Order of work	Special points
Pre-session	<p>Prepare risk assessment – key issues around removing soil on vegetables, knife safety, electrical safety and using heat.</p> <p>Select vegetables and herbs according to season and level of knife skill of participants –hands as tools/bridge/claw.</p> <p>Consider colour and appropriate herbs and spices</p> <p>Collect equipment required for recipe.</p> <p>Portion ingredients.</p> <p>Prepare set-outs and demonstration area.</p>	Induction-friendly wok Induction hob, extension lead, floor tape if required
0-10 mins	<p>Welcome and introduction</p> <p>Participants prepare for cooking – aprons, hands, hair, nails – explain this is best practice.</p>	Handwash facilities required
10-20 mins	<p>Demonstrate veg preparation techniques e.g. scrubbing, peeling, hands as tools, bridge & claw. Group the prepared veg into 3 piles depending on degree of cooking required</p> <p>Include teaching points around growing/seasonality, economy, reducing waste, nutrition, methods of cooking and FFL in general.</p>	Knife skills to be shown will depend on age and skill level
20-30 mins	Participants prepare the vegetables, demonstrating accurate and safe knife techniques. Present the prepared veg in cooking time groupings.	Recipe sheets to take home
30-40 mins	<p>Heat wok, add oil and demonstrate safe stir-frying using the group's prepared vegetables</p> <p>Key teaching points</p> <ul style="list-style-type: none"> • Don't burn spices and garlic • Cook veg in order of hardness, e.g. carrots & onions/beans & peppers/pak choi & cabbage 	<p>If a large group – have 2 or 3 people cooking</p> <p>Consider using volunteers from the group to stir-fry the veg</p>
40-45 mins	Show how to use stir-fried vegetables as filling in spring rolls – can link to Chinese New Year. Explain/dem how to handle filo pastry	
45-55 mins	Participants make 3 spring rolls each. Take home to cook	Provide recipes with cooking instruction and take-away cartons
55-60	Clean and tidy up	Take equipment away to wash up if sinks not available for participants

