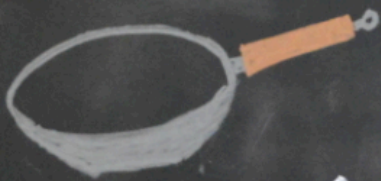


# Vegetable Chow Mein

## Tools

- **Wok:** a Chinese pan used to **stir-fry**



- **Spider:** a wire basket with a long handle



## Techniques

**Stir-fry:** to cook over high heat in a small amount of oil

**Blanch:** to cook quickly in boiling water

**Shock:** to soak or rinse in cold or ice water after **blanching** to stop cooking

