

Name _____

Choosing the Right Cooking Oil: A Flavorful Journey

Open-Ended Response Answer Key

1. (Personal experience may vary) I once used extra virgin olive oil for deep-frying, not realizing its low smoke point. The oil started smoking heavily, and the fried chicken turned out with a burnt taste and unpleasant texture. I learned that using oils with appropriate smoke points is crucial for the desired outcome.
2. I would choose peanut oil for the stir-fry due to its high smoke point, making it suitable for the high-heat cooking method. Additionally, its mild flavor won't overpower the other ingredients.
3. Reading labels and understanding the source of cooking oils is essential because it helps us make informed choices about our diets. For instance, knowing whether an oil is cold-pressed, refined, or hydrogenated can impact its health benefits and suitability for specific uses.
4. Recipe: "Sesame Teriyaki Stir-Fry"

Ingredients:

- 1 pound of thinly sliced chicken breast
- Assorted vegetables (bell peppers, broccoli, carrots, etc.)
- 2 tablespoons of sesame oil
- 1/4 cup of teriyaki sauce
- Cooked rice or noodles for serving

Directions:

- Heat 1 tablespoon of sesame oil in a wok or large pan.
- Stir-fry the chicken until fully cooked and set aside.
- In the same pan, add the remaining tablespoon of sesame oil and stir-fry the vegetables until crisp-tender.
- Return the cooked chicken to the pan and pour the teriyaki sauce over the mixture.
- Stir-fry for an additional 2-3 minutes until everything is heated through.
- Serve over cooked rice or noodles. The use of sesame oil enhances the dish's Asian flavors.

