

# Chapter 6



## An Easy Stir Fry Dinner

If you want to kick your griddle skills up a notch and graduate from burgers and dogs, try your hand at a delicious and crowd-pleasing stir fry. Making stir fry is easy, and it's fun. You can also feed an army of people at the campground with one simple round of cooking. Getting started is as simple as picking a protein, picking your vegetables, and deciding if you want to add a starch to the mix.

Prepping your ingredients at home is a good idea when making stir fry. Pre-cook your protein, chop and sort your vegetables, and even consider pre-cooking or buying cooked rice from your local Chinese restaurant. When you show up at the campground on a Friday night, everyone's going to be hungry, and getting dinner served quickly will be the key to having fun. So make sure you have everything prepped and organized before you hit the road.

### Here are some quick tips for making great stir fry at the campground.

1. If you haven't already pre-cooked your protein, make sure you cook it first. It will take longer than the vegetables.
2. Use a basting dome to steam your vegetables to taste. Steam them by squirting water around the veggies and then quickly covering them with the dome.
3. Once the protein is cooked to temp and the vegetables are cooked to taste, stir them up and let the flavors blend together.
4. If you are adding rice to the mix, stir it in quickly and don't let it settle on the griddle's surface. It will stick if you do.
5. Add your sauce right at the end and stir quickly. Sauces with sugar in them can stick to the griddle top. You can also add sauce immediately after removing the stir fry from the griddle top.
6. Plate and serve.

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## Ingredients Used for the Stir Fry Recipe in this Video

- Chicken
- Broccoli
- Shredded carrots
- Red peppers
- Onions
- White rice
- Snow peas
- Soy sauce or sesame teriyaki sauce

## Vegan Alternative

Replace Chicken with Gardein Chick'n Strips, tofu, or your favorite vegetables.

## Additional Resources for Making Delicious Stir Fry at the Campground

Todd Toven's and Blackstone's YouTube channels are both packed with great recipes and tips and tricks. Check out [this video](#) to see the master at work.

To kick things up a notch, check out Bruce Mitchell's video on [Bayou Stir Fry](#).