

Student Name: _____

Evaluation Rubric – Stir Frying

Grade	Executing Cooking Technique & Correct Application of Heat	Knife Skills/Cuts	Mis en Place/Timing	Texture, Color, & Doneness	Seasoning & Flavor Mastery	Food Temperature	Sauce
4	If used, the correct cut of tender meat was selected for stir frying, naturally tender. If used, the correct type of seafood (shellfish, very firm fleshed fish), and vegetables are selected. The items are correctly seasoned or marinated prior to cooking. The appropriate sized wok was selected and was heated before the appropriate amount of fat was added. The wok and fat were at the correct temperature before introducing the items. The aromatics were not burned when added to the wok. Marinated items are drained before being added to the wok. The wok is not overloaded with product.	The meat is properly trimmed of any sinew or fat. The items are cut into small dice or strips. Cuts are nearly identical in size and shape. All of the product could be effectively used.	The ingredients are properly prepared according to the recipe and other defined criteria. All equipment is assembled and in place on the range prior to cooking. All sauce and finishing ingredients are properly prepared and are within the student's reach at the range prior to cooking. Items are added to the wok in the appropriate order, according to cooking time and texture.	Food showcases professional accuracy in textural development, cooking time, and doneness. The vegetables are cooked crisp and tender. If used, the seafood is cooked to the correct degree of doneness. If used, the meat items are cooked through but are still moist and juicy.	The stir fried item possesses excellent seasoning and flavor development. The taste of "Wok Hay" is present. The item is not over or under seasoned.	The stir fried meat is served very hot; approximately 140-160 degrees.	Excess fat is removed from the wok. The sauce liquid is stirred and added. The sauce is cooked until correctly thickened. If required, fresh herbs or scallions are added at the last moment. The sauce is correctly seasoned and is balanced.
3	If used, the correct cut of meat was selected for stir frying, naturally tender. If used, the correct type of seafood (shellfish, very firm fleshed fish), and vegetables are selected. The items are a little over or under seasoned prior to cooking. The appropriate sized wok was selected. Wok was heated before the fat was added, either a little too much or too little of the fat was added, the fat was a little under or over heated prior to adding the items. The aromatics were not burned when added to the wok. Marinated items are mostly drained before being added to the wok. The wok is slightly overloaded with product.	The meat is mostly trimmed of any sinew or fat. The items are cut into small dice or strips. Cuts are nearly identical in size and shape. 75% of the product could be effectively used.	The ingredients are mostly prepared according to the recipe. Most of the equipment is assembled and in place on the range prior to cooking. Most sauce and finishing ingredients are properly prepared and are within the student's reach at the range prior to cooking. Most items are added to the wok in the appropriate order, according to cooking time and texture.	Food showcases acceptable accuracy in textural development, cooking time, and doneness. The vegetables are fairly crisp. If used, most of the seafood is cooked correctly. If used, the meat items are cooked through, but are still somewhat moist and juicy.	The stir fried item possesses acceptable seasoning and flavor development. The dish is slightly over or under seasoned. There is a faint taste of "Wok Hay" in the dish.	The stir fried item is served hot.	Most of the excess fat is removed from the wok. The sauce liquid is added and cooked- it is a little too thin or too thick. If required, fresh herbs or scallions are added near the last moment, but may show slight discoloration. The sauce is well seasoned and is balanced.
2	Demonstrates the stir frying technique with issues that are detrimental to the final product. The incorrect cut of meat was selected for stir frying; not a naturally tender cut. If used, the incorrect types of vegetables or seafood were chosen for stir frying. The wok selected was too small or too large, plus was not heated before the fat was added. Either too much or too little of the fat was added to the wok and it was not heated enough prior to introducing ingredients. Marinated items are not drained enough. The wok is overloaded with product.	The meat is trimmed of some of its sinew or fat. Some of the items are cut into small dice or strips. Some cuts are identical in size and shape. 50% of the product could be effectively used.	Some ingredients are prepared according to the recipe. Some of the required equipment is assembled and is in place on the range prior to cooking. The sauce and finishing ingredients are not properly prepared according to the recipe, and are not within the student's reach at the range prior to cooking.	The student demonstrates poor accuracy in textural development, cooking time, and doneness. If used, vegetables are mushy. If used, seafood and/or meat items are either under or over cooked.	The stir fried item is poorly seasoned. The dish is very over or under seasoned and does not have any taste of "Wok Hay."	The stir fried item is served warm.	The excess fat is not removed from the wok. The sauce liquid is not stirred before added and cooked- it is much too thin or too thick. Fresh herbs or scallions are not added near the last moment, they have become dark green. The sauce is either very over or under seasoned and is not balanced.
1	Cannot demonstrate competency of the stir frying technique. The incorrect cut of meat was selected for stir frying; not a naturally tender cut. If used, the incorrect types of vegetables or seafood were chosen for stir frying. The items are drastically over seasoned prior to cooking. The wok selected was much too small or too large, was not heated before the fat was added, and either too much or too little of the fat was added. It was not heated enough prior to introducing the ingredients or the wok was smoking and burnt the fat and the item. Marinated items are not drained. The wok was overloaded with product.	The meat is not trimmed of any sinew or fat. The items are not cut into small dice or strips that are identical in size and shape. <50% of the product could be effectively used.	No display of being able to determine which ingredients to add at what time and in the correct order based on cooking time. The ingredients are not prepared according to the recipe. The required equipment is not assembled and is not in place on the range prior to cooking. The sauce and finishing ingredients are not properly prepared according to the recipe, and are not within the student's reach at the range prior to cooking.	The student demonstrates unacceptable accuracy in textural development, cooking time, and doneness. The stir fried items are either raw or burned and are unpalatable.	The stir fried item is not properly seasoned. The dish is drastically over or under seasoned and is unpalatable. There is no taste of "Wok Hay."	The stir fried item is served cold.	The sauce is unpalatable. The excess fat is not removed from the wok. The wok is not properly deglazed. The sauce is either like water or a paste. Fresh herbs or scallions are not added. The sauce is either very over seasoned or under seasoned and cannot be used.
TOTAL POINTS							

Instructor Comments: