



# Tips for cooking with a wok

## Ingredients

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## Method

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Cooking with a wok can be great fun and produce beautiful meals. Woks are popular because they distribute heat evenly and cook food quickly. They also require less oil than frying pans and work well in creating delicious Asian dishes.

There are a lot of different types of woks. Traditional Chinese woks were created for wood-burning stoves and made of iron. Today, there are woks made from all types of materials that are suitable for all kinds of cooktops.

### When you should consider cooking with a wok

Sometimes a frying pan just doesn't cut it. A wok really is your best bet when it comes to making dinner quickly, creating healthier meals (because woks use less oil), and when you're using a lot of ingredients at once. If you're not too sure about cooking with a wok, there are some tips you can follow to make sure your meals turn out great.

### TIP 1: Choose the right setting for your cooktop

When cooking with a wok, the first thing you need to do is select the right setting for your cooktop. Some NEFF gas cooktops feature a dual flame wok burner. The dual wok gives you the choice between one or two rings which means you will always get the right amount of heat when frying your meat and veggies. The dual system allows you to reach high temperatures of up to 22 MJ/h which means you can cook more at once.

### Tip 2: Make sure you have all the right tools

Because woks are shaped differently than western frying pans, the type of tools used for cooking with woks are a bit different too. You may want to invest in a suitable brush for cleaning your wok in addition to a slotted spoon, a spatula and ladle with long handles so you don't risk burning yourself on the edge of the wok as you cook.

### Tip 3: Take care of your wok

It's recommended that you season your wok every time you cook. This means you heat up some oil in your wok and dispose of it once it's smoking hot before adding fresh oil.

It's also important to use the right kinds of oils. Not all oils are suitable for

woks and the best oils for this cooking situation will have high smoke points. Canola oil, peanut oil and sesame oils tend to be popular choices for recipes when using a wok.

**Tip 4: Don't try to cook too much at once**

While you're able to cook more in a wok than in most frying pans, if you overload your wok, you won't get the searing heat you need to properly cook the dish you're making. It's best to cook the amount the recipe calls for and make a second batch rather than doubling it all at once. Your meal will turn out better if you make sure everything can heat up properly.

**Tip 5: Practice makes perfect**

If you're not used to using a wok, it may take a few tries to get it down pat. Figuring out the toss to properly mix your vegetables and distribute heat evenly can be a bit of a challenge, but if you practice, you'll be a master in no time.



## Notes

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