

Japanese Stir-Fry Master Reference Sheet

和風中華炒め 基本リファレンス



This reference sheet summarizes useful stir-fry sauce patterns and cooking sequences used in Japanese home cooking and casual Chinese-style restaurants (町中華). It helps quickly assemble stir-fry meals using common pantry ingredients.

Basic Stir-Fry Ratio (2 servings)

Protein: 200–250 g

Vegetables: 200–300 g

Sauce: 2–3 tablespoons total

Cooking oil: ~1 tablespoon

Standard Stir-Fry Cooking Sequence

1. Prepare all ingredients before cooking. Stir-frying is fast and does not allow time for cutting during cooking.
2. Sear protein first (chicken, pork, beef, shrimp or tofu) over medium-high heat until lightly browned.
3. Remove protein if necessary to avoid overcooking.
4. Cook vegetables starting with the firmest (carrot, broccoli stems, celery) and finishing with quick vegetables (leafy greens).
5. Return protein to the pan.
6. Add sauce around the edge of the pan and toss quickly.
7. Finish with aroma ingredients if desired (sesame oil, chili oil, nuts, herbs).

Japanese Stir-Fry Sauce Formulas (2 servings)

- **Classic Soy Sauce Stir-Fry**
 - 1 T soy sauce
 - 1 T sake
 - 1 tsp sugar
 - ½ tsp sesame oil
 - ½ tsp cornstarch + 1 tsp water

✦ Best with pork, cabbage, bean sprouts.
- **Oyster Sauce Stir-Fry**
 - 2 tsp oyster sauce
 - 1 tsp soy sauce
 - 1 T sake
 - ½ tsp sugar

✦ Best with chicken, broccoli, mushrooms.



- **Ginger Soy Stir-Fry**

- 1 T soy sauce
- 1 T sake
- 1 tsp mirin
- 1 tsp grated ginger

❖ Best with chicken, tofu, cabbage.

- **Miso Butter Stir-Fry**

- 1 tsp miso
- 1 tsp soy sauce
- 1 tsp sugar
- 1 tsp butter
- 1 T water

❖ Best with pork, mushrooms, eggplant.



- **Curry Oyster Stir-Fry**

- 2 tsp oyster sauce
- 1 tsp curry powder
- 1 T sake
- ½ tsp soy sauce
- ½ tsp sugar

❖ Best with chicken, broccoli, celery.

- **Garlic Black Pepper Stir-Fry**

- 1 T soy sauce
- 1 T sake
- 1 tsp sugar
- ½ tsp black pepper
- 1 tsp oyster sauce

❖ Best with beef, onions, peppers.



- **Teriyaki Stir-Fry**

- 1 T soy sauce
- 1 T mirin
- 1 tsp sugar
- 1 tsp sake

❖ Best with chicken, salmon, tofu.



Vegetable Cooking Order Guide

Cook vegetables from firmest to quickest:

1. Carrots, broccoli stems
2. Broccoli florets, celery
3. Mushrooms, cabbage
4. Leafy greens (spinach, mizuna)
5. Bean sprouts or scallions last



Common Stir-Fry Finishing Aromas

- $\frac{1}{4}$ tsp **sesame oil** for aroma
- Toasted **nuts** (cashews, peanuts, walnuts) for texture
- **Chili oil** or **chili crisp** for heat
- **Fresh herbs** such as scallions or cilantro
- Light **cornstarch slurry** (1 tsp water + $\frac{1}{2}$ tsp cornstarch) for glossy sauce



Quick Stir-Fry Dinner Builder

Choose one item from each category:

- Protein: chicken | pork | tofu | shrimp | beef
- Vegetables: broccoli | cabbage | mushrooms | snap peas | carrots
- Sauce: soy | oyster | ginger soy | miso butter | curry oyster

Example: Chicken + broccoli + oyster sauce = classic Japanese-Chinese dinner.