Sautéing and stir-frying are both quick cooking techniques using high heat, but they differ in equipment and method. Sautéing is done in a shallow pan with moderate oil, cooking food evenly while allowing it to brown and develop flavor. Stir-frying is a Chinese technique using a wok and very high heat, with constant stirring and tossing to cook small, uniform pieces rapidly, preserving crispness and color. Each method suits different ingredients and desired textures.