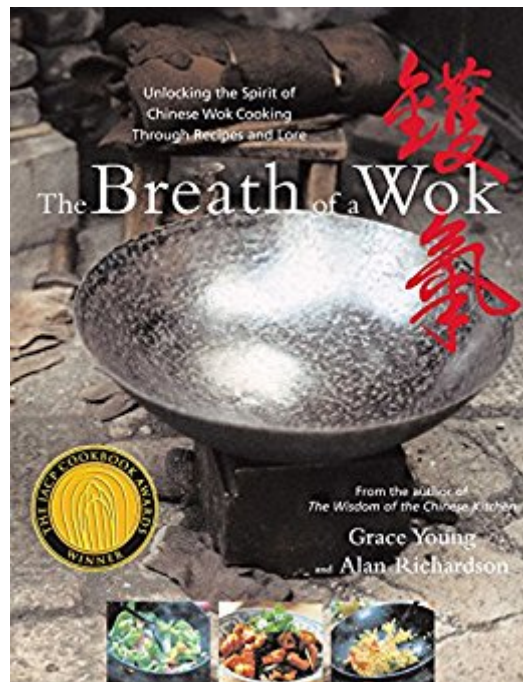


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# The Breath Of A Wok: Unlocking The Spirit Of Chinese Wok Cooking Through



## Synopsis

Award-winning author Grace Young celebrates and demystifies the art of wok cooking for the Western home cook. Young's fascination with wok cooking began in San Francisco's Chinatown, where her father taught her to appreciate wok hay, the elusive and prized taste that food achieves when cooked in a wok. As an adult, her quest to reproduce that extraordinary taste sent her on a journey through America, Hong Kong, and China, where she gathered stories, recipes, and advice from home cooks, professional chefs, and culinary teachers. The result is not just a cookbook but a unique documentation of a way of life: wok cooking is not just about recipes, but about cultivating and cooking with all the senses, and about perpetuating one of the world's oldest culinary traditions. Beginning with the selection, seasoning, and care of a wok, Young elucidates the secrets of wok hay and offers 120 recipes ranging from simple to complex, including favorites like Kung Pao Chicken and Moo Shoo Pork as well as unusual dishes like Tofu with Cilantro Relish and Stir-Fried Garlic Lettuce. Young also offers menu suggestions for family-style meals and Chinese New Year celebrations, plus a comprehensive glossary and resource list. Illustrated with 150 photographs by acclaimed photographer Alan Richardson, *The Breath of a Wok* is an extraordinary culinary adventure.

## Book Information

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## Customer Reviews

I purchased this book with high hopes - I'd read the glowing reviews on , plunked down my hard earned money, and shortly after it arrived I dove in head first. As did the author of "American Pie" (who travelled extensively in a search for sublime pizza), the authoress of this book traveled to culinary destinations in San Francisco, New York, Hong Kong, and Mainland China, in search of Wok stores, wok makers, and elite Chinese chefs - in search of wok lore, and recipes. The authoress then provides the reader with a helpful overview of the 3 basic types of wok (twin loop-handle Cantonese, northern-style with one handle, and the ubiquitous western-style flat-bottom wok), the best materials to buy them in (cast iron, or hand-hammered high-carbon steel), the various ways they're commonly seasoned, and how to maintain and care for them. Then she moves on to her recipe section. Strengths ? In no particular order: a) FRONT: The first 56 pages of this book, covering wok manufacture, selection, seasoning, and care, are very helpful and interesting. That was the material I actually purchased the book for. b) RECIPES: Some of the recipes included appear well crafted and very tasty - I'm actually looking forward to trying several. c) HEADNOTES: To me, a recipe is a participatory story, followed by a meal ... it's an act of communion with both the author, the more distant sources of the recipe, and with life itself. Depending on your introspectiveness and philosophical outlook, cooking can be a very deep experience. Accordingly, I'm always grateful when authors go to the trouble to include head notes for their recipes.

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