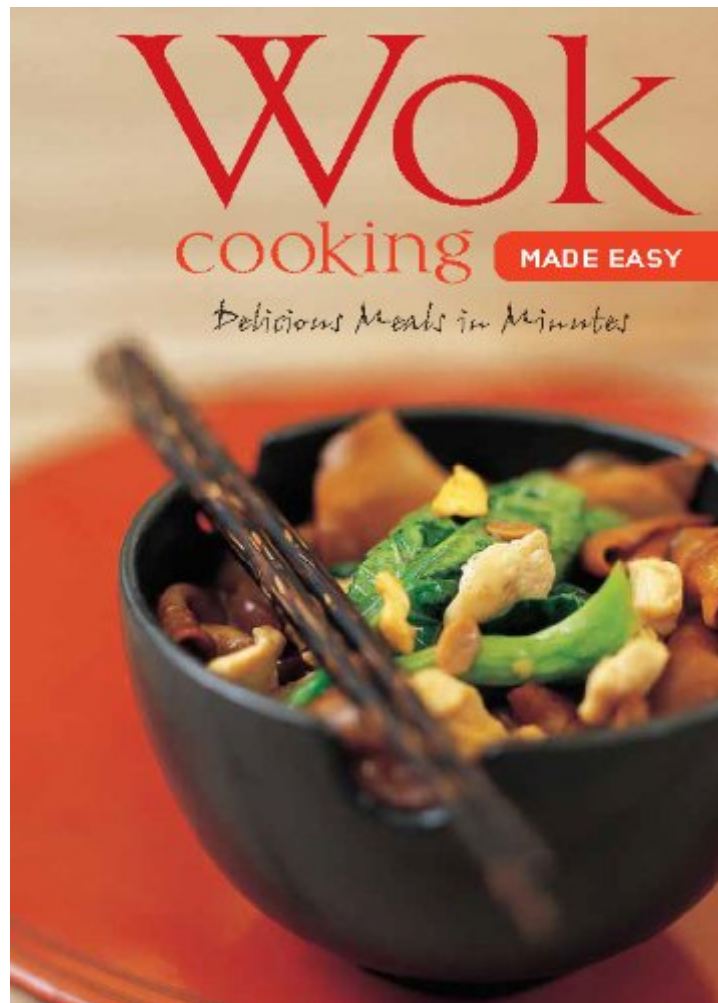


The book was found

Wok Cooking Made Easy: Delicious Meals In Minutes (Learn To Cook Series)



Synopsis

Prepare delicious wok dishes from China, Thailand, India and all across Asia with this easy-to-follow wok cookbook. Mention "wok cooking," and one immediately visualizes a huge wok being wielded above a mighty flame. One also thinks Asian "comfort food" with accompanying images of wholesome and thoughtfully prepared meals, eaten together with family members in the comfort of the home. Wok stir-frying is one of the best and quickest cooking methods out there. Because of the intense heat required, the food is cooked rapidly, and its taste and nutritional value are preserved. Plus, it's single dish cooking at it's finest! In *Wok Cooking Made Easy*, you'll find nutritious and easy-to-prepare Asian wok recipes compiled for a Western audience. Favorite wok recipes include: Spinach with Garlic stir-fry Hot and Spicy Sichuan Tofu Sliced Fish with Mushrooms and Ginger Classic Sichuan Chicken with Dried Chillies Thai Fried Rice Five Spice Chicken. All of the recipes in this cookbook are light, healthy and tasty, nor do they require special skills to prepare. May this cookbook bring endless cooking pleasure as you venture into the world of Asian cuisine.

Book Information

File Size: 8063 KB

Print Length: 128 pages

Publisher: Periplus Editions (June 15, 2007)

Publication Date: June 15, 2007

Sold by: Digital Services LLC

Language: English

ASIN: B007JK58QK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #693,699 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #61

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Asian >

Wok Cookery #104 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional &

International > Asian > Chinese #115 in Books > Cookbooks, Food & Wine > Asian Cooking >

Wok Cookery

Customer Reviews

This is a beautiful little book full of nice color photography. It's spiral bound to open flat and each recipe is on its own page with a photo of the finished dish on the facing page. There are about 65 recipes which come from all over Asia and are written by a number of different chefs. The publisher is based in Singapore which hosts a mix of Asian cultures and the result in this cookbook is specialties from China, India, Thailand, Vietnam, and Malaysia. There are lots of tasty things to try here, but be prepared. If you want to cook your way through all of the 65 recipes in this book, the mixture of different national cuisines leads to a pretty long and very diverse list of sauces, spices, and fresh herbs in the ingredients. If you are a serious Asian cook you probably already have fish sauce, dark and light soy sauce, chili sauce, Hoisin sauce, rice wine, and sesame oil along with Chinese five spice and Indian garam masala. You may not already have tamarind pulp, lemon grass, curry leaves, palm sugar, Chinese black bean paste and yellow bean paste, or dried Thai shrimp paste in your pantry. I did find them all in my local Asian mega-mart, but I had to order Sichuan Peppercorns and Kaffir lime leaves over the internet and I just skipped the recipes which called for dried tofu skin. That's a lot of unusual ingredients to track down for only 65 recipes, especially when many figure in only a few dishes. Of course, authentic ingredients lead to authentic results with the true flavors of the original cuisine, so if that is your goal then go for it!. Start off with something basic like Fragrant Shrimp Fried Rice. Then raise the bar with Vietnamese Beef Stew or Indian Lamb or some Malaysian Wok-fried Egg Noodles with Chili. I don't think you'll be disappointed.

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