

THE COMPLETE BOOK OF
WOK
& STIR FRY COOKING

Angelika Ilies



The Complete Of Wok And Stir Fry Cooking

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The Complete Book of Wok & Stir Fry Cooking Angelika Ilies,1994 **Wok Works** Sunil Vijayakar,Becky Johnson,Jenni Fleetwood,2006 Explore the amazing versatility of the wok in this special collection of fabulous dishes with a Far Eastern Flavor **The Wok Bible** Sunil Vijayakar,Judy Bastyra,Becky Johnson,Jenni Fleetwood,2009-05 An introduction gives a

history of the wok the different kinds to choose from and special equipment you may need and practical advice on preparing the ingredients and using the wok There are then recipes for every occasion with more than 180 dishes to choose from

The Complete Wok Cookbook Otis Noble,2021-09-06 Want to make easy healthy Chinese food Go for a wok Ordering Chinese takeout is easy but it s definitely not the healthiest or most affordable way to enjoy Chinese comfort food at home With this simple cookbook in your kitchen and a mighty wok in your hand Chinese favorites are now quicker healthier and cheaper than delivery The Complete Wok Cookbook uses lower sodium and sugar heart healthy oils lean cuts of meat and fresh produce no deep fryer or MSG in sight Skip the takeout and enjoy quick healthy Chinese food with the Complete Wok Cookbook From Vinegary Sichuan Beef with Vegetables to Honeyed Sesame Pork this authentic Chinese wok cookbook is sure to tantalize your taste buds without breaking your budget or your patience Rock your wok with confidence at home with step by step guide to achieving stir fry success Welcome to your new Asian inspired cooking adventure In the Complete Wok Cookbook you ll find l 500 classic and creative recipes Discover how to stir fry steam and simmer a delectable mix of traditional Chinese foods l A complete wok walk through Master the techniques and tools for cooking Chinese cuisine in just one piece of cookware a wok l Doable dishes Save time and money with these easy wok cookbook recipes that can be made in under 30 minutes under 10 or with 5 ingredients or less l Easy to find ingredients Use ingredients at hands rather than fancy ingredients l Straightforward steps Take out of guesswork and cook with no fuss l Service for each recipes Reduce food waste and save money Skip the takeout and enjoy quick healthy Chinese food with The Complete Wok Cookbook Are you ready to get started Then Buy it now and get your copy *The Wok Bible* Sunil Vijayakar,Becky Johnson,Jenni

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The Wok and Skillet Cookbook Nancie McDermott, 2019-09-26 Stir frying in a wok or skillet is a simple way to prepare delicious and healthy home cooked meals for the whole family on even the busiest of days The wok skillet cookbook features 300 recipes for noodles stir fry s and more inspired by cultures around the world Some of the internationally inspired delicious recipe options include Peppery Basil Chicken Gingery Beef with Spinach Greek Style Shrimp with Tomatoes and Lemon and Baja Style Fish Fillets with Cabbage and Lime The book includes a comprehensive ingredient glossary which features everything from bean paste to Szechwan peppercorns along with an extensive equipment glossary which includes information about woks and how to season them **Wok Recipes** BookSumo Press, 2018-10-30 Everyday Wok Recipes Get your copy of the best and most unique Wok recipes from BookSumo Press Come take a journey with us into the delights of easy cooking The point of this cookbook and all our cookbooks is to exemplify the effortless nature of cooking simply In this book we focus on Wok cooking Wok Recipes is a complete set of simple but very unique Wok recipes You will find that even though the recipes are simple the tastes are quite amazing So will you join us in an adventure of simple cooking Here is a Preview of the Wok Recipes You Will Learn Tamari Veggies and Chicken Stir Fry Ramen Chicken Stir Fry Chicken and Tofu Clash Stir Fry Sweet Pineapple and Apricot Chicken Stir Fry Ginger Chicken Stir Fry Scallion Mushroom Chicken Stir Fry Honey Chicken Stir Fry Spicy Mustard Chicken Stir Fry Popping Teriyaki Chicken Stir Fry Classic Paprika Chicken Fry Teriyaki Chicken Stir Fry with Noodles Grilled Chicken Stir Fry Linguine Tangerine Chicken Stir Fry Basmati Chicken Stir Fry Spears Beachy Chicken Stir Fry Fried Teriyaki Chicken Rice American Parsley Chicken Stir Fry Creamy Canola Chicken Stir Fry Chipotle Chicken Stir Fry Cashew Chicken Breasts Stir Fry Teriyaki Chicken Tortellini Stir Fry Summer Chicken Stir Fry Roasted Nutty Chicken Stir Fry Spicy Chicken Noodles Stir Fry Spicy Chestnut Chicken Stir Fry Much much more Again remember these recipes are unique so be ready to try some new things Also remember that the style of cooking used in this cookbook is effortless So even though the recipes will be unique and great tasting creating them will take minimal effort Related Searches Wok cookbook Wok recipes Wok book Wok wok cooking wok recipes cookbook wok recipe book

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filled with 125 flavorful recipes that make the most out of your wok from authentic Chinese home cooking to classic takeout favorites What sets this Chinese cookbook apart Wok fundamentals Explore a brief history of the wok and find helpful explanations of the different types how to choose the right wok for you and how to clean and care for it Cooking how tos Discover all the ways woks can be used in cooking and find expert guidance on mastering the techniques and skills associated with each method A wide range of recipes Fire up your wok and make everything from dim sum soups and sauces to meat seafood and vegetarian entr es Harness the power of your wok and make incredible Chinese dishes at home with this top choice in Asian cookbooks

Stir-Frying to the Sky's Edge Grace Young, 2010-05-04 Winner of the 2011 James Beard Foundation Award for International Cooking this is the authoritative guide to stir frying the cooking technique that makes less seem like more extends small amounts of food to feed many and makes ingredients their most tender and delicious The stir fry is all things refined improvisational adaptable and inventive The technique and tradition of stir frying which is at once simple yet subtly complex is as vital today as it has been for hundreds of years and is the key to quick and tasty meals In Stir Frying to the Sky s Edge award winning author Grace Young shares more than 100 classic stir fry recipes that sizzle with heat and pop with flavor from the great Cantonese stir fry masters to the culinary customs of Sichuan Hunan Shanghai Beijing Fujian Hong Kong Macau Taiwan Singapore and Malaysia as well as other countries around the world With more than eighty stunning full color photographs Young s definitive work illustrates the innumerable easy to learn possibilities the technique offers dry stir fries moist stir fries clear stir fries velvet stir fries and weaves the insights of Chinese cooking philosophy into the preparation of beloved dishes as Kung Pao Chicken Stir Fried Beef and Broccoli Chicken Lo Mein with Ginger Mushrooms and Dry Fried Sichuan Beans

The Complete Book of Asian Stir-Fries Vicki Liley, 2007-10-15 Cook quick easy and satisfying meals with this stir fry cookbook for the home chef Fresh and tasty stir fries are one of the healthiest ways to prepare food because they are low in fat and high in essential vitamins and minerals The versatile nature of stir frying makes it a popular and convenient cooking method for both the experienced chef and home cooks The Complete Book of Asian Stir Fries is the definitive collection of traditional contemporary and innovative recipes for lovers of this healthy delicious method of wok cooking Stir fry cooking is quick and easy and delivers tasty meals with little effort in next to no time Using fresh seasonal vegetables and tender meats or simply making the most of leftovers stir fries provide healthy and delicious meals the whole family can enjoy The variety of meals that can be prepared is endless Favorite stir fry recipes include Cilantro and Lime Fish Cakes Shrimp and Lemongrass Sticks Chicken Chow Mein Red Curry with Roasted Duck Beef with Bambook Shoots Ginger Pork Crab in Black Bean Sauce Lobster Salad Black Eyed Pea and Sugar Snaps Stir Fry The Complete Book of Asian Stir Fries provides the definitive guide to traditional and contemporary stir fry recipes With beautiful colorful photographs this wok cookbook will show you how to prepare step by step the ultimate satisfying stir fry in your own home

[The Breath of a Wok](#) Grace Young, Alan Richardson, 2013-06-25 Award winning author Grace Young celebrates and

demystifies the art of wok cooking for the Western home cook When Grace Young was a child her father instilled in her a lasting appreciation of wok hay the highly prized but elusive taste that food achieves when properly stir fried in a wok As an adult Young aspired to create that taste in her own kitchen Grace Young s quest to master wok cooking led her throughout the United States Hong Kong and mainland China Along with award winning photographer Alan Richardson Young sought the advice of home cooks professional chefs and esteemed culinary teachers like Cecilia Chiang Florence Lin and Ken Hom Their instructions stories and recipes gathered in this richly designed and illustrated volume offer not only expert lessons in the art of wok cooking but also capture a beautiful and timeless way of life With its emphasis on cooking with all the senses *The Breath of a Wok* brings the techniques and flavors of old world wok cooking into today s kitchen enabling anyone to stir fry with wok hay IACP award winner Young details the fundamentals of selecting seasoning and caring for a wok as well as the range of the wok s uses this surprisingly inexpensive utensil serves as the ultimate multipurpose kitchen tool The 125 recipes are a testament to the versatility of the wok with stir fried smoked pan fried braised boiled poached steamed and deep fried dishes that include not only the classics of wok cooking like Kung Pao Chicken and Moo Shoo Pork but also unusual dishes like Sizzling Pepper and Salt Shrimp Three Teacup Chicken and Scallion and Ginger Lo Mein Young s elegant prose and Richardson s extraordinary photographs create a unique and unforgettable picture of artisan wok makers in mainland China street markets in Hong Kong and a wok a thon in which Young s family of aunties uncles and cousins cooks together in a lively exchange of recipes and stories A visit with author Amy Tan also becomes a family event when Tan and her sisters prepare New Year s dumplings Additionally there are menus for family style meals and for Chinese New Year festivities an illustrated glossary and a source guide to purchasing ingredients woks and accessories Written with the intimacy of a memoir and the immediacy of a travelogue this recipe rich volume is a celebration of cultural and culinary delights

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