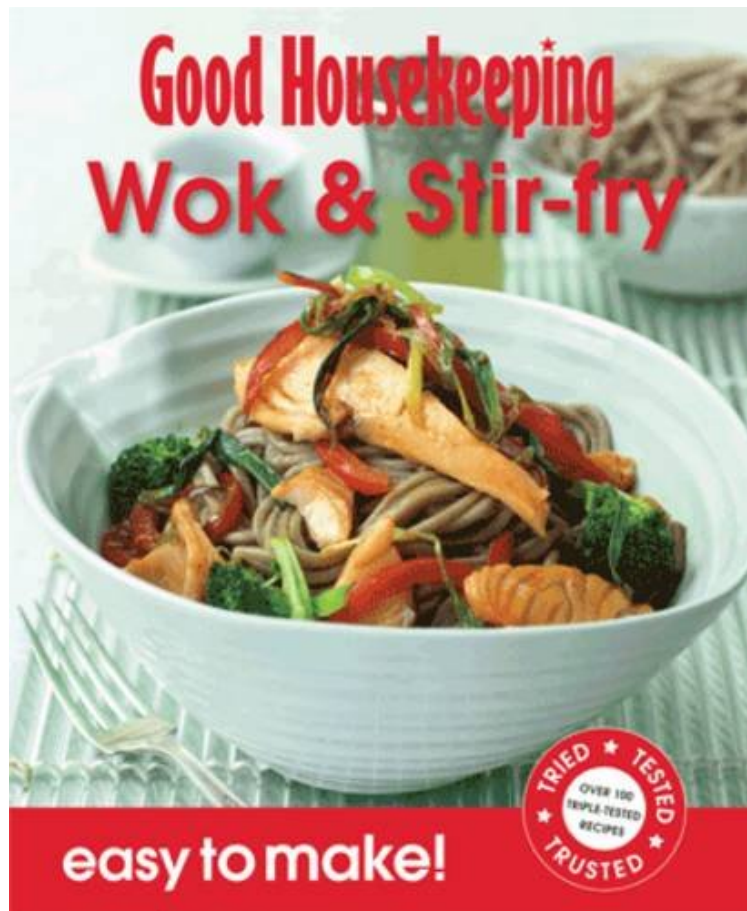


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Good Housekeeping Institute : Easy to Make! Wok Stir Fry before purchasing it in order to gage whether or not it would be worth my time, and all praised Easy to Make! Wok Stir Fry:

It's no surprise that these days almost every kitchen cupboard contains a wok - stir fries are quick, inexpensive, healthy and above all, delicious. As well as a myriad of alluring recipes from pork and noodle stir fry to Thai green shellfish curry, this stunning companion also contains a comprehensive techniques section guaranteed to make the stir fry process a 'wok' in the park. Over 100 triple-tested recipes in a new full-colour cookery series, featuring the most popular recipes from the GH Institute Kitchens - tried, tested, trusted recipes that are guaranteed to work first time every time. Other titles in the Easy to Make! series: 'Everyday Family Meals' (9781843406464), 'Healthy Meals in Minutes' (9781843406495), 'Cakes Bakes' (9781843406419), 'Soups' (9781843406426), 'Meat-Free Meals' (9781843406440), 'One Pot' (9781843406457), 'Pies, Pies, Pies' (9781843406471), 'Puddings Desserts' (9781843406488) and 'Roasts' (9781843406501).

About the AuthorThe Good Housekeeping Institute was created in 1924 to provide readers of Good Housekeeping magazine with expert consumer advice and delicious easy-to-follow recipes. These ideals still hold true today.