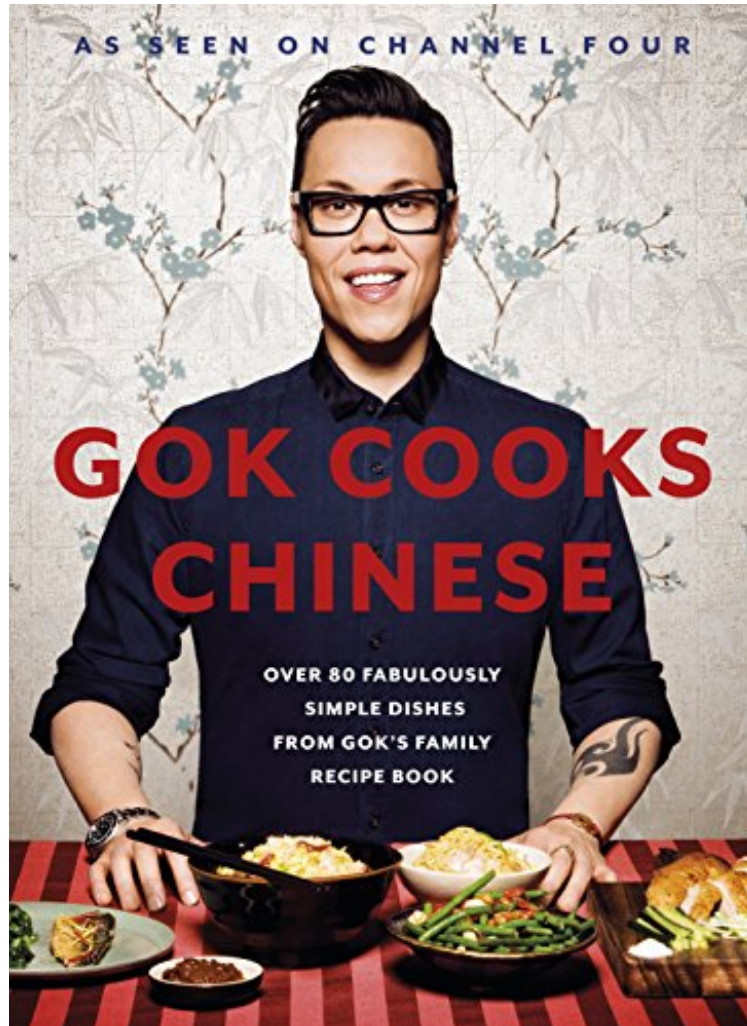


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## Gok Cooks Chinese

*Gok Wan*

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#1240855 in Books imusti 2012-09-01 2012-08-28Original language:EnglishPDF # 1 10.00 x 1.02 x 7.50l, .0 #File Name: 0718159519240 pagesMICHAEL JOSEPH | File size: 37.Mb

**Gok Wan : Gok Cooks Chinese** before purchasing it in order to gage whether or not it would be worth my time, and all praised Gok Cooks Chinese:

3 of 3 people found the following review helpful. Bug flavours and healthy eatingBy Gerry DavisIf you want a cook book that has recipes you can use without any prior knowledge of Chinese Cooking, to produce meals that have big flavours with healthy ingredients so you don't clog up your arteries, then this is the book for you. And it's easy enough to use the recipes to learn principles that you can apply to different ingredients. The only suggestion to ignore is that you use a cleaver to chop food if you have always been used to standard kitchen knives. Gok can handle a cleaver with expertise, because he was brought up with using one. But if you haven't, then stay away from this blade unless you feel you have too may fingers and would like to lose a few.3 of 3 people found the following review helpful. A Great Cook BookBy MindyI bought this for my sister for Christmas after getting a copy for myself.I've made about a dozen dishes

from the book, and all have been delicious. The garlic chicken, and steamed buns are my personal favourites. But the fried rice is also excellent. Lots of beautiful illustrations, clear and easy to follow directions, and explanations of different flavourings make this book very accessible to folks who haven't got a lot of experience cooking Chinese food. 0 of 0 people found the following review helpful. Five Stars By Customer excellent

Not only is Gok Wan one of the UK's top fashion stylists, but he can cook too! Gok's fantastic book, *Gok Cooks Chinese*, contains 80 personal and family recipes, which are not only delicious and healthy but incredibly simple to make. Gok's love and passion for Chinese food and cooking techniques shine through from every page. From his unique perspective he gives us his personal and modern take on the Chinese food that he grew up eating, drawing on his Chinese heritage to give us a different angle on how to eat - for Gok, it's all about sitting down, tucking into fantastic food that is fuss-free and relaxed. Gok's food is about balance, health, flavour and fun. From his absolute favourite recipe for Prawn Wonton Noodle Soup (which he calls 'happiness in a bowl') to Perfect Fried Rice or classics like his dad's Honey-glazed Char Siu Pork, through chapters on Dim Sum, Street Food, One Pot Wonders and Feasting, you will find recipes for all occasions and moods, whether entertaining friends or enjoying a meal at home by yourself. Above all, Gok Wan will demystify Chinese ingredients and equipment. *Gok Cooks Chinese* shows us how easy it is to shop and cook just like him.

**About the Author** Acclaimed fashion stylist and on-screen consultant Gok Wan was shot to fame by his Channel 4 Series, *How to Look Good Naked*. On the back of the show's success, Gok crystallized his position as a true champion for women with *Gok's Fashion Fix* and *Gok's Clothes Roadshow*, helping them to feel confident and stylish. This has led to his enormously popular women's wear collection for Sainsbury's, released in October 2011. He has published four books, including his autobiography *Through Thick and Thin*, and his openness about his own weight issues as a teenager led him to film two searching documentaries, *Too Fat Too Young* and *Gok's Teens: The Naked Truth*. Optomen Television is an independent production company the forefront of the food television revolution both in the UK and the US, known for the flair and originality it brings to its productions. Making shows for all UK broadcasters, Optomen has launched the television careers of household names, including Clarissa Dickson Wright and Jennifer Paterson, Jamie Oliver, Gordon Ramsay and Valentine Warner.