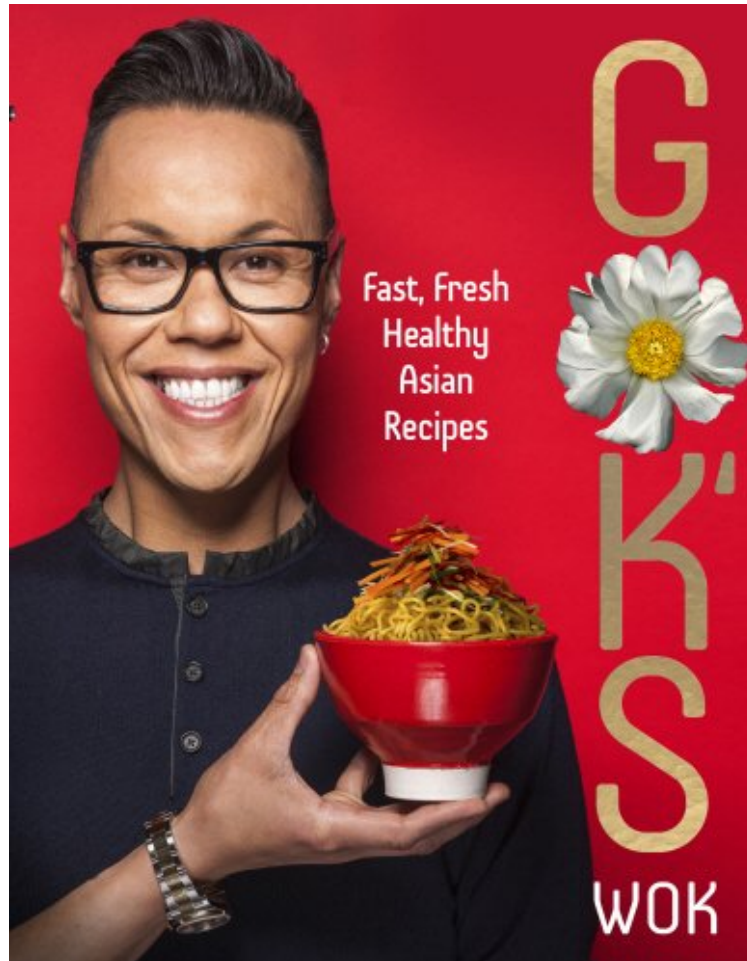


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Gok Wan

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Gok Wan : Gok's Wok before purchasing it in order to gage whether or not it would be worth my time, and all praised Gok's Wok:

0 of 0 people found the following review helpful. Two StarsBy MichaelThey aren't the simple recipes he does on TV, which was what I was looking for.0 of 0 people found the following review helpful. Four StarsBy JMHSVERY GOOD PRODUCT0 of 0 people found the following review helpful. Can't wait to get started!By Mike PortilloAfter watching the TV series, I couldnrsquo;t wait to get my hands on this book and it really doesnrsquo;t disappoint. With all my favourite recipes from the series and some delectable extras I canrsquo;t wait to get started. It is all written very clearly and is easy to understand. It has been produced to a very high standard; the pictures are excellent have totally inspired to cook up a storm.

In his brand new book, Gok Wan shares his favorite recipes for fresh and healthy mealsdash;inspired by the flavors

of Asia. Gok's recipes draw influence from the East, as he teaches us how to add flavor and a splash of originality through his distinctive style of simple, fast cooking. Chapters cover all occasions, from lunch ideas to dinner parties and date nights, and include curries, stir-fries, noodles, salads, soups, and even desserts. He shares many of his family's traditional recipes too, but gives them a modern twist for today's kitchen tables—try sweet miso marinated chicken and pak choy, sweet potato and Brazil nut curry, and Poppa Wan's fu yung. And, running throughout, are Gok's words of advice on wok cooking, his favorite ingredients, and tips on preparation and entertaining Gok-style. For Gok, great eating should be hassle-free, and these recipes are exactly that—tasty dishes that are low stress, good for you, and make minimal mess. Includes metric measurements.

About the Author Gok Wan first came into the spotlight in 2006 with his acclaimed TV series *How to Look Good Naked*. This was followed by several other shows, including *Gok's Clothes Roadshow*, *Gok's Fashion Fix*, and his documentary on obesity in children, *Too Fat Too Young*. He is the author of *Gok Cooks Chinese*, *How to Dress*, and *Through Thick and Thin*.