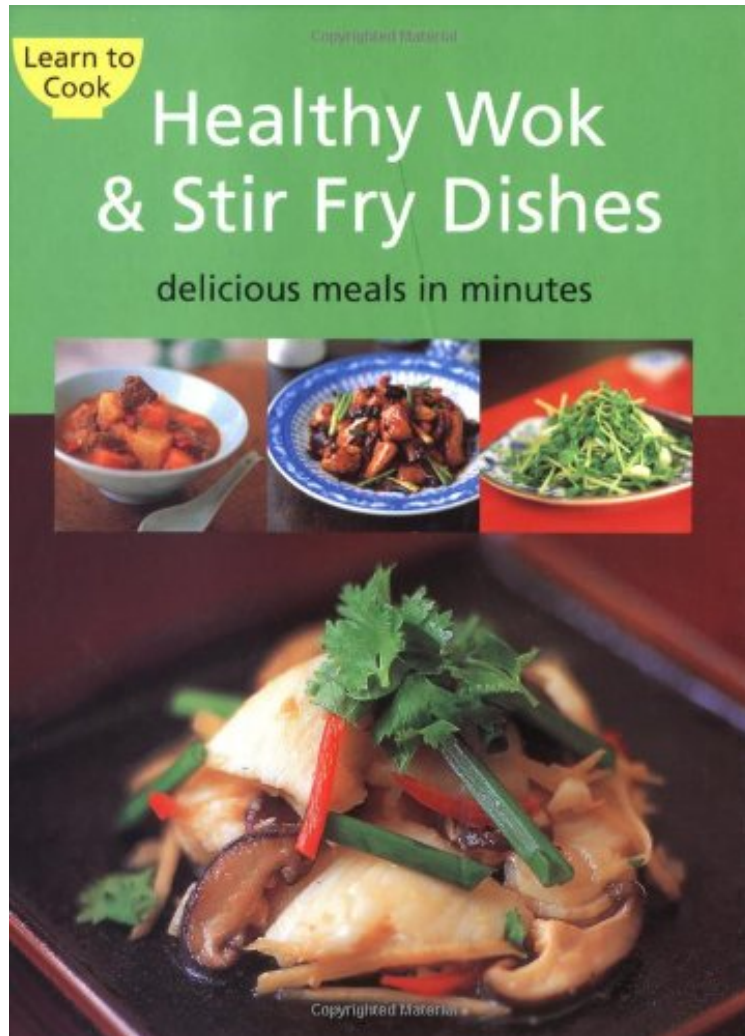


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Healthy Wok Stir Fry Dishes: Delicious Meals in Minutes (Learn to Cook)

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From Brand: Periplus Editions : Healthy Wok Stir Fry Dishes: Delicious Meals in Minutes (Learn to Cook) before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Wok Stir Fry Dishes: Delicious Meals in Minutes (Learn to Cook):

13 of 13 people found the following review helpful. Great addition to the library of cookbooksBy AdrienThe best thing about this book is the recipes. There are a lot of good ones that are fairly simple to make. Do not expect this book to teach you how to cook or use a wok, however. This book is more about combining the right ingredients to create those amazing flavors and aromas you tend to associate with Asian cooking. And at that it does an excellent job. The flavors virtually explode in your mouth. The second best thing about this book is the primer on ingredients at the

beginning. There are things in there you can only get at an Asian market, so it definitely helps to know what you're looking for. Food flavors come together better when you have the right ingredients and this book will help you figure out what those are. I would have preferred there be a list of substitutions, especially for some of the harder to find items, but that would have deviated from the streamlined format of the book... Which leads to the third best thing about this book. For those of us who have become ADD due to information overload in the digital age, this book is organized so as to present all the information you need without flipping pages or squinting at microscopic text. To put it another way, a digital version of this book would translate easily to an iPad app without having to change format. This isn't the only Asian cookbook you'll want in your library, but it's a good one to have. 0 of 0 people found the following review helpful. Delighted With This Purchase By Grandma25 I am delighted with this Wok cookbook. As a novice to Asian cooking, I found the illustrations that accompanied the narrative for Important Asian Ingredients most helpful. The spiral binding is a style that I wish all of my cookbooks had; pages lay flat without the use of a heavy weight. The full-page photos of every recipe is most welcome as many cookbooks skimp on photos. I will be purchasing additional cookbooks published by Periplus Editions. Thank you for featuring this item. .2 of 2 people found the following review helpful. This cookbook is full of great recipes for the wok-user By Customer This cookbook is full of great recipes for the wok-user. If you have a wok or are interested in getting a wok, this cookbook is a great addition. It has recipes that are pretty easy to make and some that are more advanced so no matter your level, this book has a variety of recipes for you!

Stir-frying's growing popularity is due to its simple preparation, quick and easy cooking, nutritional advantages and great flavours. This book features concise, easy-to-make recipes that should have readers preparing Asian cuisine in no time.

About the Author Nongkran Daks is the chef-owner of Thai Basil, a restaurant in Chantilly, Virginia. She teaches cooking classes and is the author of several cookbooks, including Thai Soups and Salads, Thai Noodles and Snacks and Homestyle Vietnamese Cooking.