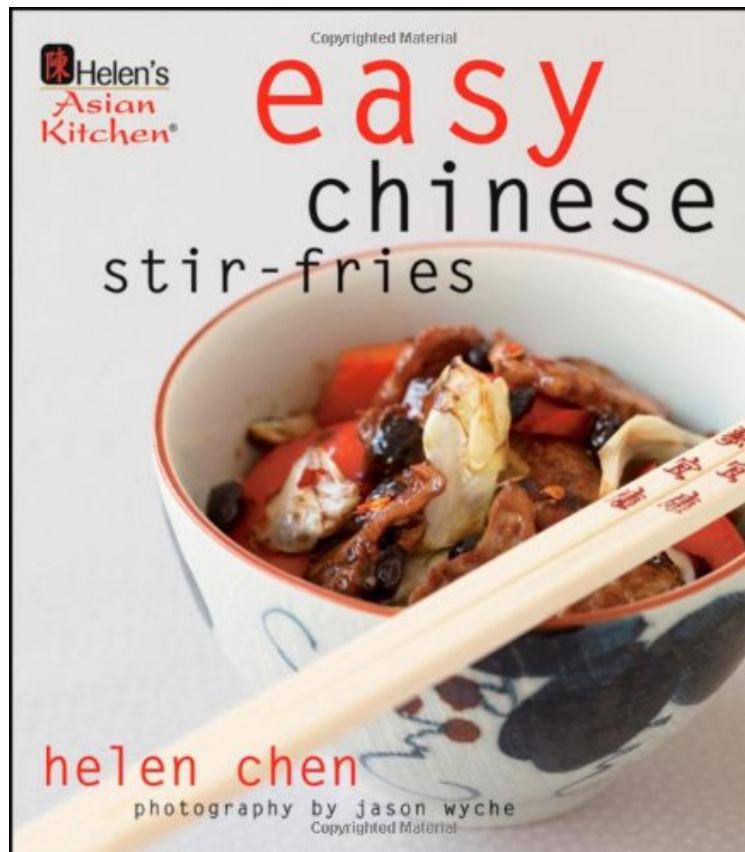


[Get free] Helen's Asian Kitchen: Easy Chinese Stir-Fries

Helen's Asian Kitchen: Easy Chinese Stir-Fries

Helen Chen

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8.00 x .68 x 7.00l, 1.12 #File Name: 0470387564128 pages Hardcover 128 pages Full of quick-and-easy
recipes for home cooks who are short on time Small, full-color package is a perfect affordable gift for anyone
interested in Asian cooking | File size: 33.Mb

Helen Chen : Helen's Asian Kitchen: Easy Chinese Stir-Fries before purchasing it in order to gage whether or not
it would be worth my time, and all praised Helen's Asian Kitchen: Easy Chinese Stir-Fries:

0 of 0 people found the following review helpful. Lovely cookbook with easy recipes By _Customer I always love
Helen Chen's cookbooks as she helps explain ingredients, cooking techniques and often includes ideas on how to adapt
recipes using available ingredients. Her cookbook Easy Chinese Stir-Fries is a delightfully written cookbook that
includes plenty of color photos showing what the prepared recipes should look like as a completed product. You will
find the following chapters in her cookbook: Techniques Equipment Ingredients Chicken Pork Beef Seafood Bean Curd
(tofu) Vegetables Some of the recipes you'll find include: Mandarin Orange Chicken Moo Shi (or Shu) Pork Stir-Fried
Beef with Asparagus Shrimp with Black Beans Bean Curd with Crabmeat Recommend. 31 of 31 people found the
following review helpful. a great simple stir fry book. By Peter I own Helen Chen's larger cookbook, "Helen Chen's
Chinese Home Cooking" and consider it one of the best Chinese cook books a person could have. Many of the recipes
in it have been favorites of mine, and some of the easier ones are duplicated in this slender new volume of stir fries.

For the beginning cook, this book may be less daunting. From it, I've now cooked "Garlicky Green Beans"-quite tasty, "Shrimp in Tomato Sauce"-delicious, "Kung Pao Chicken"-yummy and fiery, and ""Kan Shao Green Beans"- stellar. Obviously, I am looking forward to woking my way through the remainder of its pages. I own many other books on Chinese food and cooking, but I can think of few of them as uncomplicated as this which manage to produce such deep, rich, tasty sauces.0 of 0 people found the following review helpful. Simple but deliciousBy LisaI was looking for some simple but delicious chinese recipes with easy to find ingredients, and this book is it!

"When I was growing up, my mother did all of the cooking at home and the variety was endless. But it was her everyday Chinese home cooking that I remember bestmdash;the often-revisited stir-fry dishes that are simple, easy, delicious, and part of the culinary repertoire of most Chinese families. I hope you will enjoy this collection of some of my favorites. Perhaps some will become part of your everyday cooking, too. So come with me to my kitchen and let me share with you what the Chinese do in theirs." mdash;Helen ChenEnjoy Easy Chinese Stir-Fries Like These: Chicken with Mushrooms and Snow PeasBraised Party WingsSpicy Chunking PorkSparerib Nuggets in Black Bean SauceStir-Fried Broccoli Beef in Oyster SauceSpicy Beef Shreds with Carrots and CeleryCoral and JadeFlower Squid with Mixed VegetablesBean Curd with Black Mushrooms and Bamboo ShootsGinger-glazed Carrots and Parsnips

From the Inside FlapHelen Chen grew up cooking with her mom, Joyce Chen, the pioneering restaurateur who helped introduce Americans to authentic Chinese cooking in the 1960s. The dishes Helen remembers most fondlymdash;and still cooks todaymdash;are her mom's simple, home-style stir-fries. Now she presents more than sixty of these soul-satisfying Chinese favorites, all perfect for easygoing weeknight dinners. Inside, you'll find many familiar dishesmdash;Kung Pao Chicken, Moo Shi Pork, and Sweet and Sour Shrimp, to name just a fewmdash;and find out just how easy it is to prepare them at home. You'll also discover lots of less familiar dishes that are equally delicious, such as Chicken with Cashew Nuts, Black Pepper Beef with Green Beans, and Shanghainese Shrimp with Peas. In addition, you'll find nearly twenty healthy tofu and vegetable dishes, ranging from Grandmother's Spicy Bean Curd to Garlicky Green Beans. To help you get started, Helen provides a thorough overview of Chinese cooking techniques, equipment, and ingredients. You'll discover why cornstarch is important, how much oil to use in a wok, and what kinds of soy sauce you should choose. With Helen's clear instructions and straightforward recipes, you'll soon be cooking and enjoying a wide variety of delectable stir-fries. Throughout the book, more than thirty gorgeous color photographs show just how deliciously appealing these stir-fries can be. Complete with Helen's fascinating notes on each dish, this handsome cookbook is just what you need to explore the simple pleasures of home-style Chinese cooking. About the AuthorHELEN CHEN is the founder of Helen's Asian Kitchen (helensasiankitchen.com), a widely distributed Asian cookware line, and the author of Helen Chen's Chinese Home Cooking. Her mother, Joyce Chen, was a pioneering Chinese restaurateur and entrepreneur, and Helen served as the CEO of her mother's company before launching her own business.