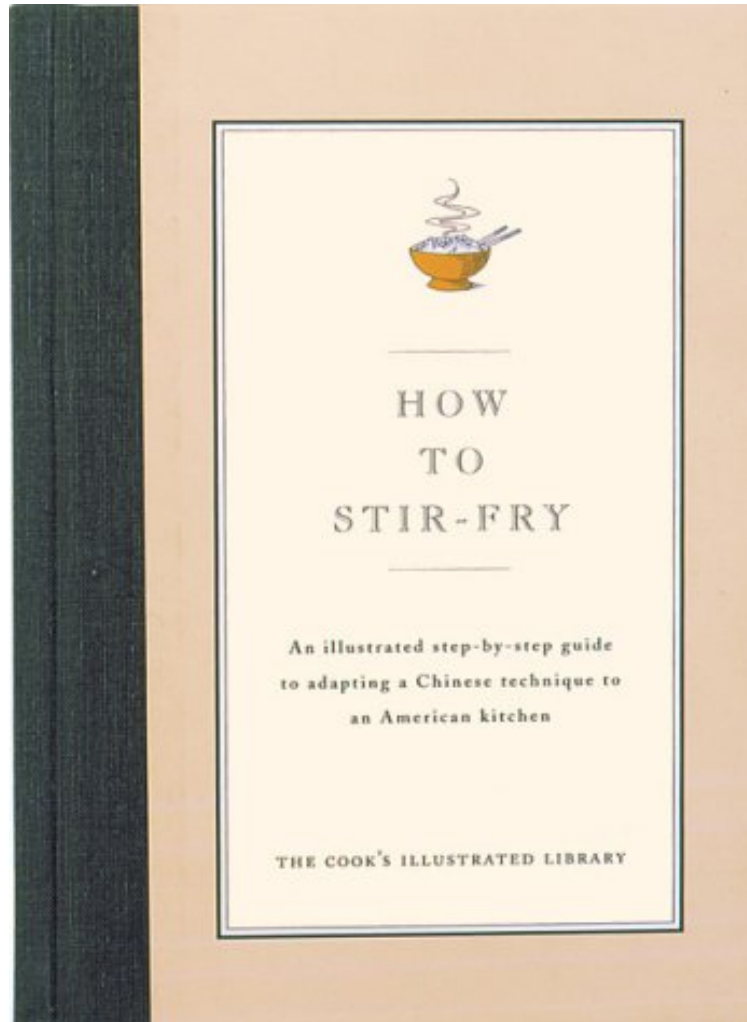


How to Stir-Fry

Cook's Illustrated, Jack Bishop, Editors of Cook's Illustrated Magazine
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Cook's Illustrated, Jack Bishop, Editors of Cook's Illustrated Magazine : How to Stir-Fry before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Stir-Fry:

Book by Cook's Illustrated, Bishop, Jack, Magazine, Editors of Cook's Illustrated

.com Stir-frying is a quick method of cooking that captures all the flavor of fresh ingredients. How to Stir-Fry provides succinct instruction in this classic technique. In fewer than 100 pages it offers illustrated, step-by-step directions for adapting the Chinese method to American kitchens--recipes, tips, and information that all cooks can use. Asserting

that for American cooks a large skillet is the best pan in which to stir-fry, the book then offers stir-frying keys and a basic stir-fry recipe adaptable to a wide range of ingredients. Recipes follow for meat, poultry, seafood, and vegetarian stir-fries--dishes like Shrimp and Water Chestnuts in Hot and Sour Sauce and Snow Peas and Shiitake Mushrooms in Garlic Sauce. Also included are outstanding formulas for rice accompaniments. Throughout, underlying techniques are explored and illustrated (shredding pork is one), and sensible tips abound (to maximize flavor, always add red pepper flakes to aromatics, for example). A true primer, the book is part of the Cook's Illustrated Library series. Like the magazine, the books are dedicated to presenting tried-and-perfected recipes and cooking techniques in a concise, approachable way. --Arthur Boehm