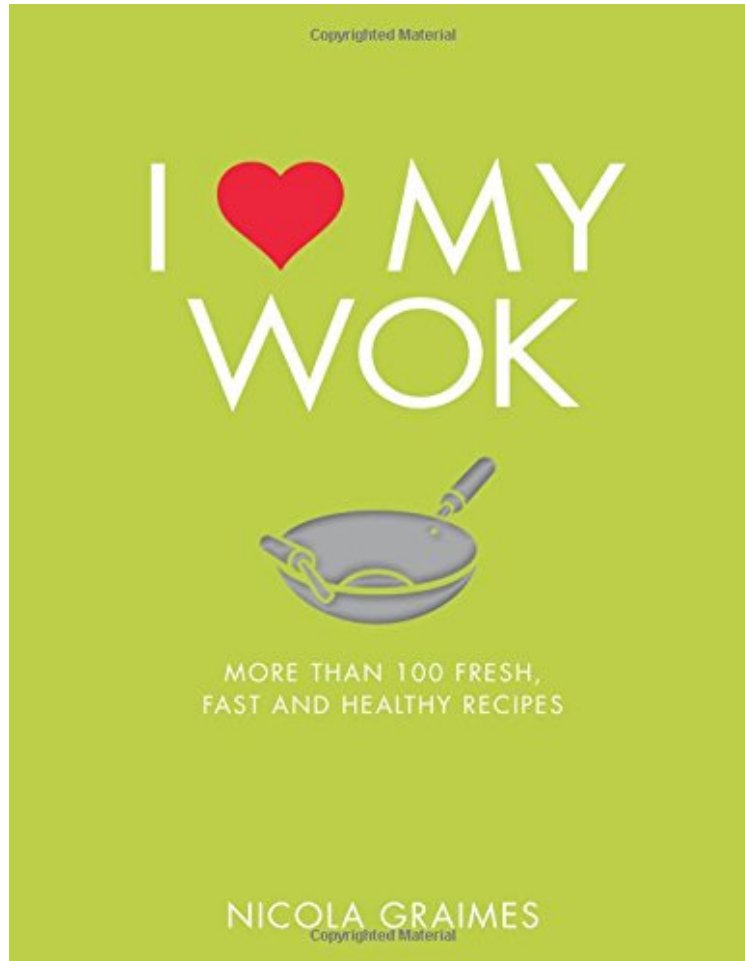


(Free download) I Love My Wok: More Than 100 Fresh, Fast and Healthy Recipes

I Love My Wok: More Than 100 Fresh, Fast and Healthy Recipes

Nicola Graimes

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#4222939 in Books Graimes Nicola 2017-08-15 2017-08-15 Original language: English PDF # 1 9.60 x .60 x 7.60l, #File Name: 1848993293176 pages I Love My Wok More Than 100 Fresh Fast and Healthy Recipes | File size: 53.Mb

Nicola Graimes : I Love My Wok: More Than 100 Fresh, Fast and Healthy Recipes before purchasing it in order to gauge whether or not it would be worth my time, and all praised I Love My Wok: More Than 100 Fresh, Fast and Healthy Recipes:

1 of 1 people found the following review helpful. Redux from a 365-recipe book published in 2006 by the same author Nicola Graimes By I Do The Speed Limit BE AWARE: Recipes in this book are taken from 'The Big Book of Wok', published in 2006 by DBP (Duncan Baird Publishers, (UK) now a part of Watkins Media Ltd., (UK). If you have that larger volume, (365 recipes), you won't need this one. Or maybe you want to buy a used copy of the older book... Your decision, of course, but if you don't want to search through a huge volume looking for a recipe for dinner, this 'I Love My Wok' will be the way to go. Me? Buying a new cookbook with out-dated, more than a decade old, recipes is not something I would choose to ever do. There are way too many freshly-

published cookbooks out there, with new ideas featuring current trends and products, for me to consider buying something rehashed. But, the recipes the publishers have chosen to replay are decent, solid choices. Personally, I think the publisher should have been upfront about where these recipes came from....Nicola Graimes is a very prolific cookbook author. She has a knack of gathering recipes from around the world, presenting them in a format that puts a cook at ease. She has gathered her recipes into: Vegetarian, (200 recipes from 2003); Vegetarian and Wholefoods, (1600 recipes from 2010); Vegetarian for Healthy Kids, (100 recipes from 2016); Healing Foods from 2004, The Salad Bowl from 2015, The Big Bean Cookbook, (another redux coming out in October), and many more. I mention all this because some people like this kind of redundancy, this taking recipes from older books and re-compiling them under a new title; some don't. If you have not had a wok before, you will benefit from the general information at the beginning of the book. There is a nice array of appetizers and soups, but nothing surprising and they do not vary from the norm. Appetizers include the usual filled wontons, steamed and fried; crab cakes, spring and rice paper rolls, a bun recipe (like a bao) with canned salmon. Eight soup recipes represent cuisines from several countries. I enjoyed the "Salads and Sides" chapter, because I am such a fan of veggies. But the recipes in that chapter seemed to be a step behind (several steps actually) the current trend in bowl food. Remember: These recipes are from 2006. And to say the salads are made in the wok is stretching it quite a bit: For instance, there is a soba noodle and chicken salad, where only plain chicken strips are cooked in sunflower oil in the wok, and a Vietnamese Hot Beef Salad where only the beef strips (in an often-used marinade) are cooked in the wok. Same for squid. But there is a good representation of vegetables in this chapter, and you will have ample opportunity to practice your steaming and frying/sauteing techniques. "Noodles and Rice" contains basics like chicken chow mein, pad thai, fried rice with pork, udon noodles with beef, a coconut milk pilaf. But, here again, there is a good representation of flavors and techniques from a variety of countries. Good variety of flavor combinations and ingredients and cooking techniques can be seen throughout the meat, poultry and fish/seafood chapters, too. Besides the abundance of vegetables that are usually found in wok cookery, there is a vegetarian chapter in this book; a nice call-out! Some of them are Vegan, and they are marked as such. There are many curries in this chapter. Even though this book comes from a publisher in the UK, they have been very diligent about providing accurate Imperial measurements to cater to our American preferences. There are handy and helpful color symbols to distinguish between dairy-, nut-, wheat-free, and vegetarian and vegan. Pictures are decent, but available for less than half of the recipes. Page layout is easy on the eyes, with a good-sized, sans-serif type style. Ingredient lists are straightforward, and instructions are not confusing. Directions are grouped into paragraph form: Read a paragraph, and you can proceed swiftly through the steps without needing to hesitate in the middle of a cooking process to read what to do next. I received a temporary download of this book from the publisher. 1 of 1 people found the following review helpful. I Love My Wok is a nicely laid out. By Talvi I Love My Wok is a nicely laid out, easy to use cookbook for a wok. The recipes are cleanly presented, there are full size pictures for many of the meals, and a nice introduction with recommendations and tools in the beginning. Ironically, the cover looks very basic but the inside is very professionally presented. You won't need a lot of tools - the wok really is the only component of many recipes. The book breaks down as follows: Introduction, Appetizers and soups, Salads and sides, Noodles and rice, Meat, Poultry, Fish and shellfish, Vegetarian, and an index. The book is nearly all recipes and is very full - there are quite a few to choose from and the recipes are multi cultural, not just Asian (e.g., Pesto pasta). The book delves beyond stir frying in beef and also has recipes for braising, blanching, and using water instead of oil. And as noted above, there is a vegetarian section. Each recipe comes with an allergy index, preparation time, cooking time, servings, ingredient list, and then directions. About half have full page photographs of the finished item (there are no small images, just full page). The ingredient list is right justified, which admittedly makes them fairly hard to read. Left justified Bullets would have made this much easier. The directions are in paragraph form and can get chunky and difficult to remember where you were - numbered brief steps would have been easier. I'm guessing the publisher or author wanted to make the recipes seem 'easier' by not listing a bunch of steps. But I hate having to find my place in the directions when they are in the middle of a large chunky paragraph. So yes, a lot of really good recipes, most with a health conscious approach. Nicely designed, cleanly laid out with large text, and with some accompanying full page photographs. Reviewed from an advance reader copy provided by the publisher. 1 of 1 people found the following review helpful. My rating of "I Love My Wok: More Than 100 Fresh, Fast and Healthy Recipes" is 4 out of 5 stars. By DelAnne Title: I Love My Wok: More Than 100 Fresh, Fast and Healthy Recipes Author: Nicola Graimes Publisher: Nourish Published: 8-15-2017 Pages: 176 Genre: Cooking, Food Wine Sub-Genre: , Cookbooks, ISBN: 9781848993297 ASIN: 801N77N6TD Reviewed For NetGalley and Nourish Reviewer: DelAnne Rating: 4 Stars For clarification, these recipes were originally published in 2006 in the "Big book of Wok". Which lucky for me I neither have nor have I read before. If you do have it then beware before purchasing. Woks are not just for stir fry vegetables any more, now you can cook the entire meal, soups, rice, meat and vegetables. I love Chinese food. the problem is finding good recipes to reproduce at home. Believe me restaurant chefs do not want to give up "I Love My Wok" Nicola walks you thru from selecting your Wok to how to season it. What tools to use with it to different cooking techniques. I actually had the ingredients on hand the night I received my book to make the Golden Purses appetizers, I had not heard of them before but they sounded delicious. The Instructions were easy to

follow and I ended making 30 of them They were delicious and my family loved them. Be sure to turn your hand at the Hoisin Beef Stir-Fry Then again if you don't care for meat their is always the tasty Thai Red Butternut Squash Curry.. No matter what you choose the dishes are always flavorful and the recipes easy to follow. Measurements are usually in British, but most have American counterparts listed as well.My rating of "I Love My Wok: More Than 100 Fresh, Fast and Healthy Recipes" is 4 out of 5 stars.

The wok is a tremendous tool in the kitchen, but all too often it is under-used and unappreciated. With I Love My Wok, rediscover how you can use just one pan to make mouthwatering, fresh and healthy dishes. Featuring over 100 inspiring recipes for snacks, lunches and dinners, all of which are easy to follow and simple to make, you'll learn how to make the most of your wok.Learn all the techniques you need ndash; be it steaming, stir-frying, deep-frying, braising, or even smoking ndash; to recreate exciting dishes from all over the world. Spicy curries, speedy stir-fries, healthy steamed vegetable and fish dishes, delicious dim sum, and amazing Asian soups and broth can all be on the table in no time at all. This is wok cooking at its best, and this wonderful selection of delicious and nutritious meals is the perfect addition to the kitchen bookshelf.

About the Author Nicola Graimesnbsp;is an award-winning cookery writer and former editor ofnbsp;Vegetarian Livingnbsp;magazine. She has written more than 20 books, includingnbsp;The Top 100 Recipes for a Healthy Lunchbox,nbsp;The Big Book of Wok,nbsp;The Big Book of Low-Carb Recipes, Veggienomics, The New Vegetarian Kitchennbsp;(that was chosen as one ofnbsp;OFM's Top 50 Cookbooks of the Year) andnbsp;The Part-Time Vegetariannbsp;for Nourish.