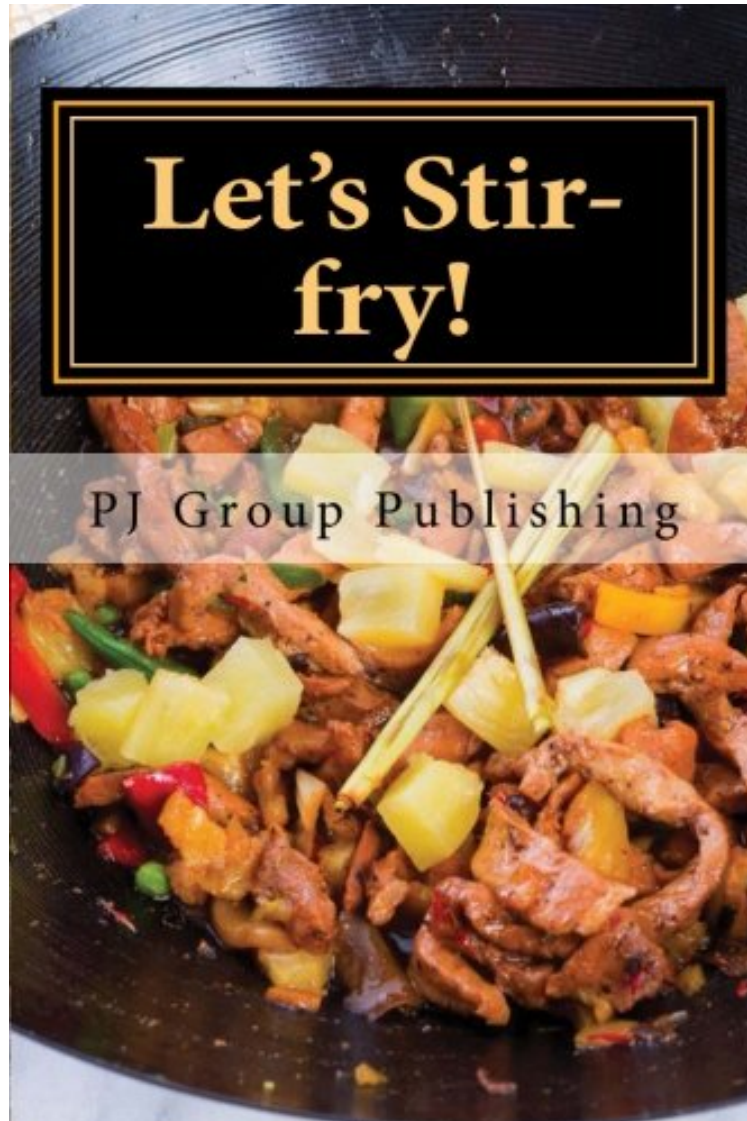


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Stir-frying is a technique of quickly cooking meat, vegetables or a combination of both over very hot oil. This cooking technique was developed by the Chinese to insure that the nutritional value, flavor, and color of foods were not lost during cooking. For the modern kitchen, stir-frying is also quite ideal. It's quick, delicious and relatively healthy, too! To help you get started with this wonderfully easy cooking technique, *Let's Stir-fry! A Collection of Simple Chinese Stir-fry Recipes* will help you create yummy and authentic Chinese stir-fry dishes for you and your family.