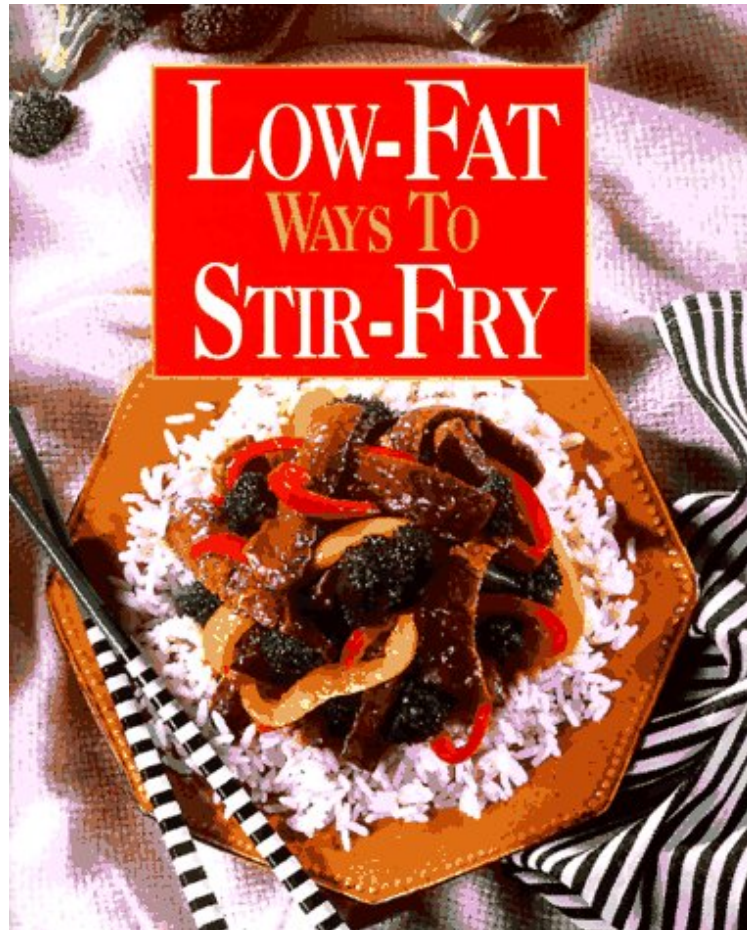


## Low-Fat Ways to Stir-Fry

From Brand: Leisure Arts

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#3978433 in Books Leisure Arts 1996-12Original language:EnglishPDF # 1 10.50 x 8.75 x .50l, #File Name: 0848722094144 pages | File size: 24.Mb

**From Brand: Leisure Arts : Low-Fat Ways to Stir-Fry** before purchasing it in order to gage whether or not it would be worth my time, and all praised Low-Fat Ways to Stir-Fry:

0 of 0 people found the following review helpful. Five StarsBy Joanna YoungExcellent8 of 8 people found the following review helpful. Good to learn the basicsBy A CustomerThe book itself gave some good basic starting information on how to wok and what are standard ingredients for most asian foods. I enjoyed the ingredients section immensely, I knew what sauces or spices to add to get the right flavor to the food. I have been stir-frying and wokking for several years. But I was never able to get the flavor to match what I tasted in resuturants. But with this I knew what sauce would bring out the flavor I wanted. It is a good book to learn some of basics. Instead of guessing what I needed to change to make a healthy stir-fry it told me how to get the results I wanted. A very good book to learn the essentials.

Flavors of the Orient and Europe that are low in fat and can be prepared in minutes are Americanized in this collection of tasty stir-fry recipes, which includes main dishes featuring meat, poultry, fish, seafood, and vegetables. Includes a

Glossary of basic ingredients. 55+ color photos.