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Best-Ever Book of Wok and Stir-Fry Cooking

By Jenni Fleetwood

Hermes House. Paperback. Book Condition: new. BRAND NEW, Best-Ever Book of Wok and Stir-Fry Cooking, Jenni Fleetwood, This title features 400 fabulous Asian recipes with easy-to-follow preparation and cooking techniques, shown in more than 1600 tempting step-by-step photographs. You can discover the delights and simplicity of successful stir-fry cooking with sensational classic and modern wok dishes for every meal and occasion. It explains the different types of wok cooking techniques such as steaming, deep-frying, stir-frying and simmering, and features crisp appetizers, fresh and speedy stir-fries, slow-cooked curries and succulent steamed fish. Recipes include Thai Crispy Noodle Salad, Chinese Sweet and Sour Pork, Warm Lamb and Noodle Salad with Fresh Mint, and Steamed Langoustine with Lemon Grass Risotto. The wok is one of the world's oldest and most versatile cooking implements - a perfect pan for all kinds of methods, whether stir-frying, steaming, braising or deep-frying. This essential volume provides a history of the wok, how to use and look after it, and offers guidance and advice on the implements and cooking techniques used in the recipes. There are vegetarian dishes such as Tofu and Green Bean Red Curry, quick supper dishes such as Thai Crispy Noodles with Beef, and substantial...



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