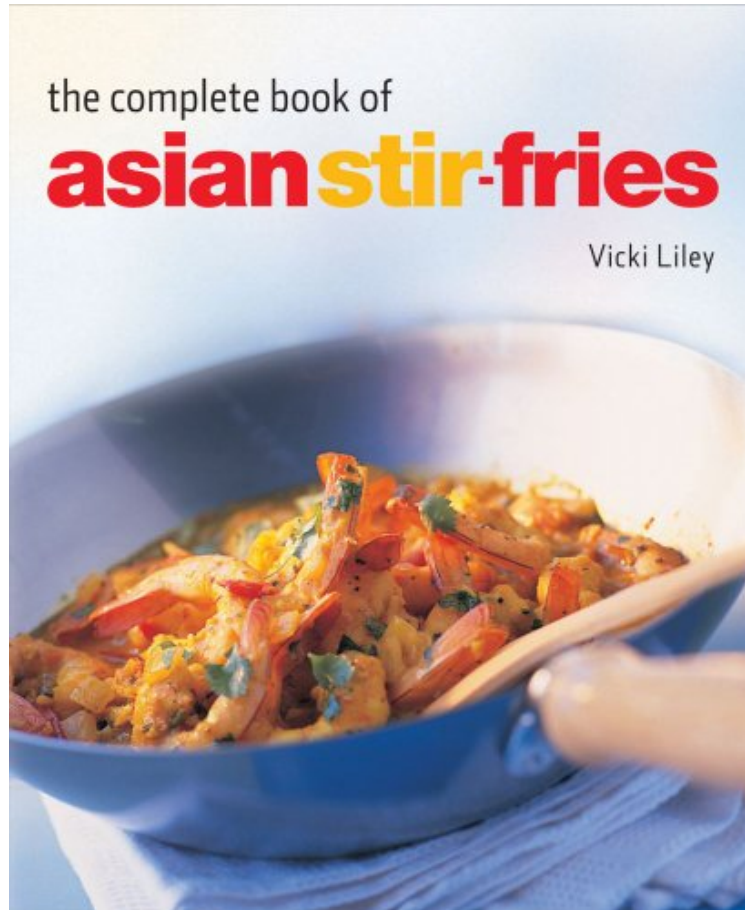


The Complete Book of Asian Stir-fries

Vicki Liley

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Vicki Liley : The Complete Book of Asian Stir-fries before purchasing it in order to gage whether or not it would be worth my time, and all praised The Complete Book of Asian Stir-fries:

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Fresh and tasty, stir-fries are one of the healthiest ways to prepare food because they are low in fat and high in essential vitamins and minerals. The Complete Book of Asian Stir-Fries is the definitive collection of traditional, contemporary and innovative recipes for lovers of this healthy, delicious method of cooking. Stir-fries are quick and easy to prepare, and deliver tasty meals with little effort in next to no time. Using fresh, seasonal vegetables and tender meats or simply making the most of leftovers, stir-fries provide healthy and delicious meals the whole family can

enjoy. From Stir-fried Ginger Chicken to Soba Noodles with Bell Peppers, this beautifully photographed book will show you how to prepare, step-by-step, the ultimate satisfying stir-fry.

About the Author Vicki Liley lives in Sydney, Australia. She has traveled extensively in Asia, and does food styling for Australia's leading food magazines.