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The Complete Book of Wok and Stir Fry Cooking

Angelika Ilies

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Angelika Ilies : The Complete Book of Wok and Stir Fry Cooking before purchasing it in order to gage whether or not it would be worth my time, and all praised The Complete Book of Wok and Stir Fry Cooking:

A full-color guide to a meals-in-minutes method of cooking introduces readers to the exotic and delicious world of Asian wok and stir-fry favorites, offering a variety of recipes and tips on healthful cookery.