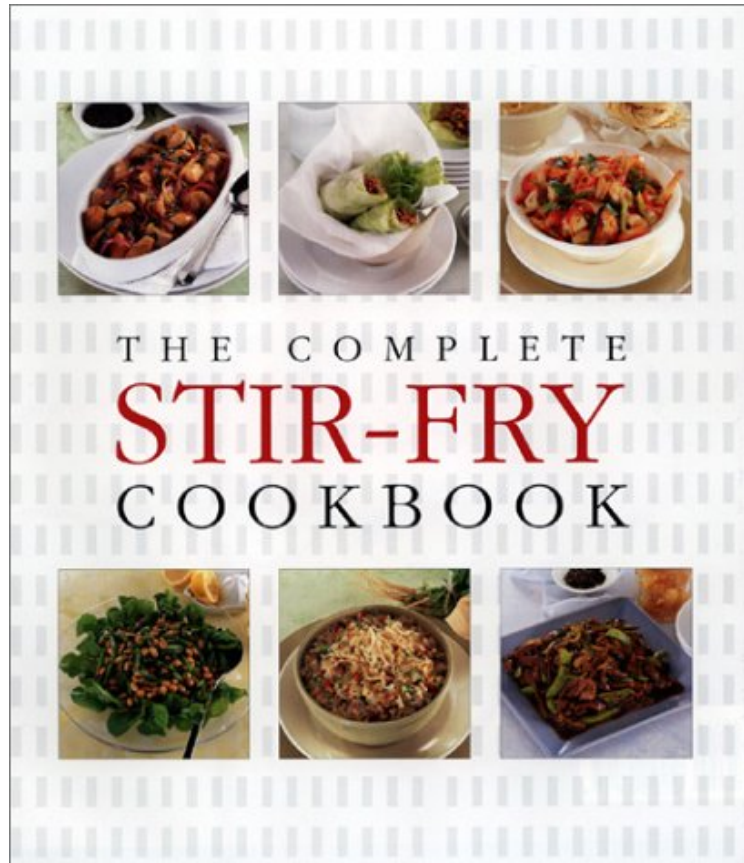


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The Complete Stir-Fry Cookbook

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1 of 1 people found the following review helpful. Asian cooking for a healthy diet By J. Bressler I first encountered this Stir-Fry Cookbook from a friend from the Phillippines. Because I like Tofu and use it as a substitute for meat in my diet, I wanted to purchase the cookbook for my own use. I already had a wok. The chapters on Tofu and Tempei are filled with recipes I use over and over. Also I follow the recipes in the Vegetable section. I even modify recipes that have meat, poultry, or seafood because I like the sauces and different spices. I have prepared food from this cookbook for holdays and thus have taught many friends that Tofu tastes good. One friend now goes with me to the Asian market here. 1 of 1 people found the following review helpful. this book is for the British. By David E. Holtzinger This book is written for people living in England. The terms for many veggies are British. A bit disappointed and if I had known would not have purchased it. 0 of 0 people found the following review helpful. How To Stir-Fry Made Simple By Ouisie Excellent book for the new stir-fry cook. Everything is explained, and the recipes are clear - in addition to being very tasty!

If you have a wok, a handful of fresh ingredients, and ten minutes to throw together a meal, then this is the book for you. Stir-frying is one of the quickest, easiest, and healthiest forms of cookery. The food is simply seared in the heat of the wok, so vegetables keep their bright color and crunchy bites, and meat and fish take on fabulous marinade flavors. This book is packed with ideas to get your wok sizzling.