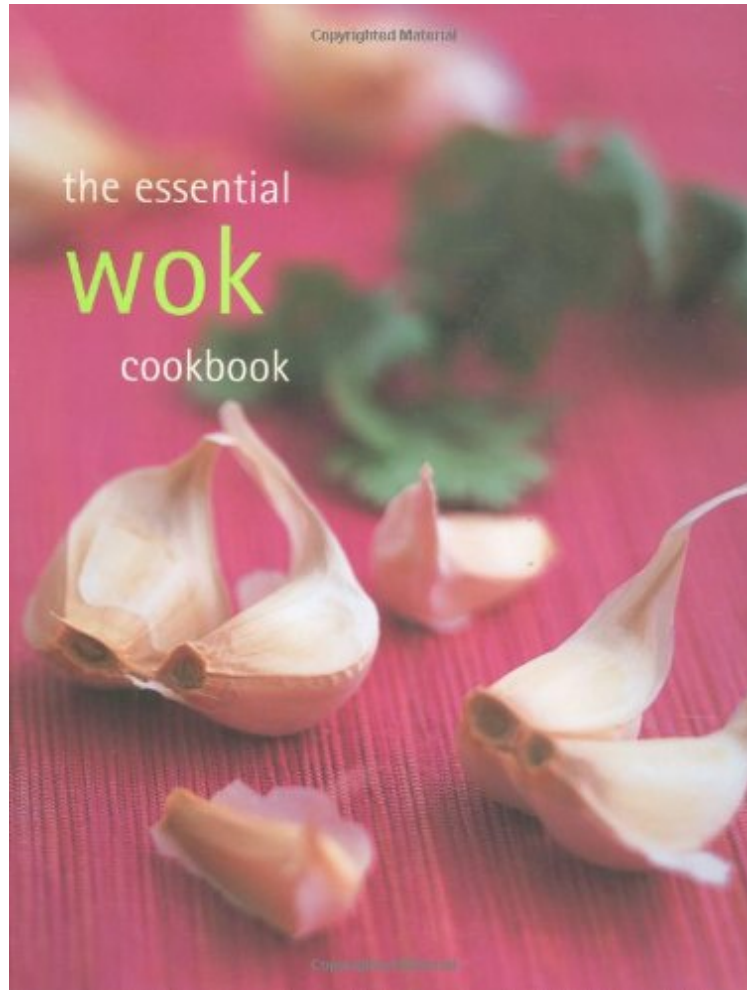


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The Essential Wok Cookbook - Cased

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From Murdoch Books : The Essential Wok Cookbook - Cased before purchasing it in order to gage whether or not it would be worth my time, and all praised The Essential Wok Cookbook - Cased:

0 of 0 people found the following review helpful. A good addition to my collectionBy Davis P. NobleI love cooking chinese and this straight forward book helps me keep it simple and fun. I think everyone would get something from this book3 of 3 people found the following review helpful. Extremely reliable, tasty and easy set of recipesBy anniegetchagunAlthough this book looks like it could be just another random collection of wok recipes - every single recipe is spot-on!My husband and I both cook from this book regularly and have not had a dud yet.The recipes are fast and easy.You will need to get a few stock items from an asian grocer to get started, but then you'll be all set for quick, nutritious meals - heaps of variety!I recommend this book for people who are just setting up house and don't have too many kitchen gadgets - this book requires only a wok a spoon! Great bachelor gift.It is also recommended for those following gluten free or wheat free diets as almost all the recipes can be served with rice, without any noodles or bread

in sight! (Just make sure the sauces are the gluten free versions)Also, as a nutritionist, I would also note that you can successfully add extra veges to all these dishes. Many of the recipes are one meat and only one or two veges - but stir-fries are the easiest way to add more veges, so don't be shy! This style of cooking is so healthy, as long as you keep the ratio of meat and veges at about 1:3 minimum. (1 cup of meat for 3 cups of veges)(Eg: When it says to add broccoli, add an equal amount of beans and carrots also. Carrots and beans can be successfully added to almost all these recipes without affecting the flavour. Bok choy is another ingredient easy to add in. Capsicum/peppers will affect the flavour so be careful with those)

Offering handy tips and advice to help you get the most out of your wok, this title features double-page spreads on particular ingredients and recipes.