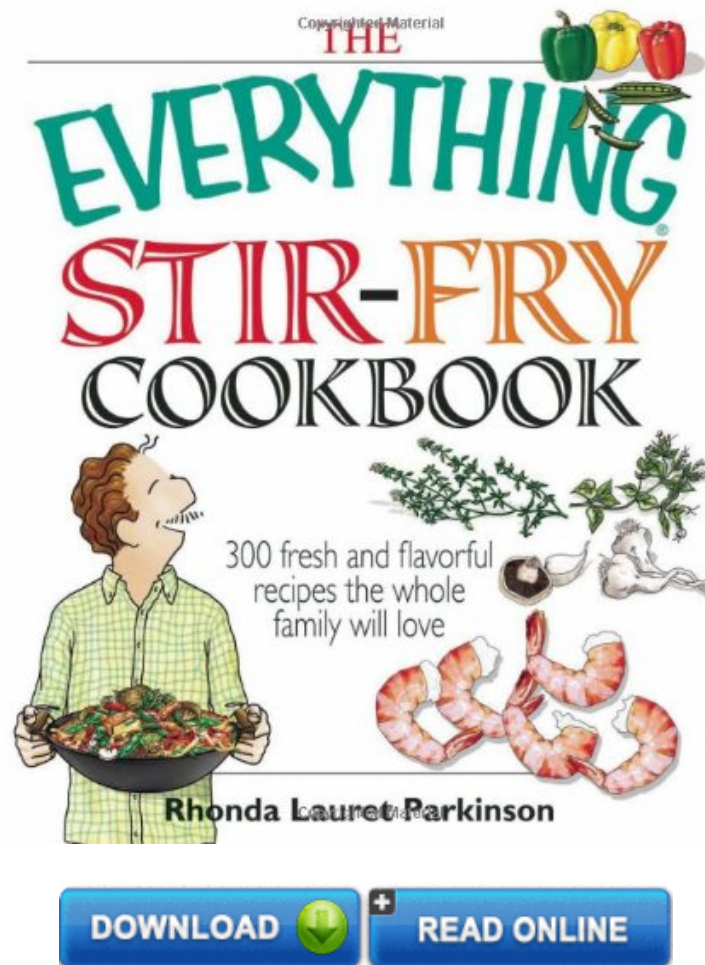


(Ebook free) The Everything Stir-Fry Cookbook: 300 Fresh and Flavorful Recipes the Whole Family Will Love

The Everything Stir-Fry Cookbook: 300 Fresh and Flavorful Recipes the Whole Family Will Love

Rhonda Lauret Parkinson

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Rhonda Lauret Parkinson : The Everything Stir-Fry Cookbook: 300 Fresh and Flavorful Recipes the Whole Family Will Love before purchasing it in order to gage whether or not it would be worth my time, and all praised The Everything Stir-Fry Cookbook: 300 Fresh and Flavorful Recipes the Whole Family Will Love:

53 of 54 people found the following review helpful. A Good Starting Point for Expanding Your Stir Frying Skills By Erik J. Malvick My wife and I purchased this book because we've become fans of stir frying thanks to a new wok and the relative ease and healthiness of such foods. However, we were getting tired of our own creations, mostly because we lacked the creativity or inspiration to broaden our abilities and capabilities in stir frying. This book has provided the inspiration we needed. It is full of many recipes that cover a broad range of possibilities. While we made the typical mistake of assuming that stir-frying means Asian food, this book provides more than just Asian cooking. I enjoy seeing ideas for stir fries that have a Middl Eastern, Moroccan, or Latin flare. I also find the introductory chapters useful as a guide for some of the "theory" behind stir frying. I am a cook that sees recipes as more of a guide and likes

to improvise. Some discussion at the intro regarding ingredients and a nice section on stir fry sauces really makes this book endless. Not only do you have the 300 recipes presented, you can create an infinite number of recipes on your own. The limits are only in your imagination. Fortunately, this book provides a lot of inspiration to expand on your imagination and stir fry to your heart's content. 4 of 4 people found the following review helpful. Review of the Kindle edition By RENE VERGARAI purchased the Kindle edition of this book, and I like it. I am using the recipes, and it does provide a good sense of how stir-frys are made and has varied ideas for making up your own recipes, not just Asian food. Having just started cooking seriously, stir-frying is a simple way of making very tasty food without much cooking skill. Chop, marinate, stir-fry. There is something I don't like, and this is how the Kindle edition is arranged. I am not sure how much involvement a publisher has in the creation of the Kindle edition, but the recipes are oddly arranged in the digital edition. The ingredient list is sometimes before a recipe, sometimes after the recipe and it can get a bit confusing. The index has links that take you to the recipe's instructions, but then you have to try to find which is the corresponding ingredient list. I have not seen the print edition, I guess it has a way to separate recipes (two columns per page, perhaps), or relate each recipe to its ingredient list but this is not present in the Kindle edition and it makes it a bit difficult to navigate the book. 5 of 6 people found the following review helpful. Terrible. Who puts sloppy joes in a stir fry recipe book? By Libby Rust Oh gosh, where to start? This thing is terrible, really. I was looking for a good starter recipe book for stir fry, as I tend to really love Chinese food. Tempted by the huge number of recipes this thing boasts, as well as the low price, I went for it. Boy, was that a mistake. Here I was expecting full, authentic (or at least somewhat authentic) recipes, and this thing is full of, well... Nothing. You would have to combine several recipes to get a full, "real" dish, and not just a couple of veggies or whatever thrown together. Heck, it doesn't even include the sauce for the dishes - those are actually separate! It may from time to time suggest another recipe in the book to go with the recipe you might be reading at the time, but why not just put these together into one recipe? Oh yeah, and get ready for a bunch of weird recipes and half-baked copies of other recipes in the book itself the author threw in just to make that over 300 recipe count - such as, you guessed it - sloppy joes! I truly suggest going for another book if you're craving "real" stir fry recipes - this thing is just about useless.

More and more people are turning up the heat and cooking healthy meals made with fresh ingredients. With stir-fry cooking, chefs at all levels can shave off time preparing meals for their families by serving up heart-friendly dishes in just minutes. "The Everything Stir-Fry Cookbook" is a sizzling sourcebook of 300 recipes, with step-by-step instructions on how to: make healthy poultry, pork and vegetable dishes, starting with the freshest ingredients; select the correct equipments and prepare rice from around the world; and whip up fish/shelfish dishes, noodle selections, creative marinades sauces, and second-helping worthy desserts. "The Everything Stir-Fry Cookbook" offers helpful tips and techniques for making mouthwatering recipes in less time than it would take to choose what to order from a Chinese menu.

About the Author Rhonda Lauret Parkinson (Calgary, Alberta, Canada) is the author of several cookbooks and food titles, including The Everything [registered] Chinese Cookbook and The Everything College Cookbook. She is a freelance writer and researcher with extensive food writing experience. For the past eight years Ms. Parkinson has been creating recipes and covering Chinese Cuisine for About.com. She learned how to cook from her father, a professional chef specialising in French cuisine.