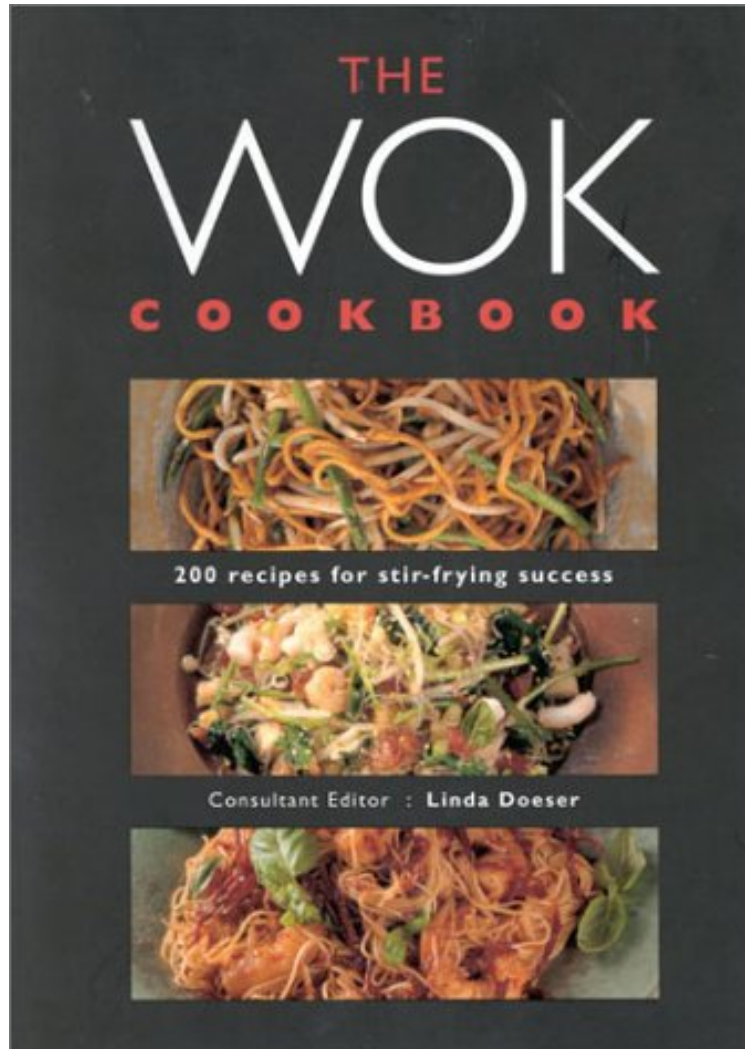


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A collection of exotic recipes from the East encompassing the flavours of Thailand, China, Indonesia and South-east Asia. The short cooking times and wholesome ingredients make wok and stir-fry cooking ideal for those who want to eat healthily but aren't prepared to spend ages in the kitchen.