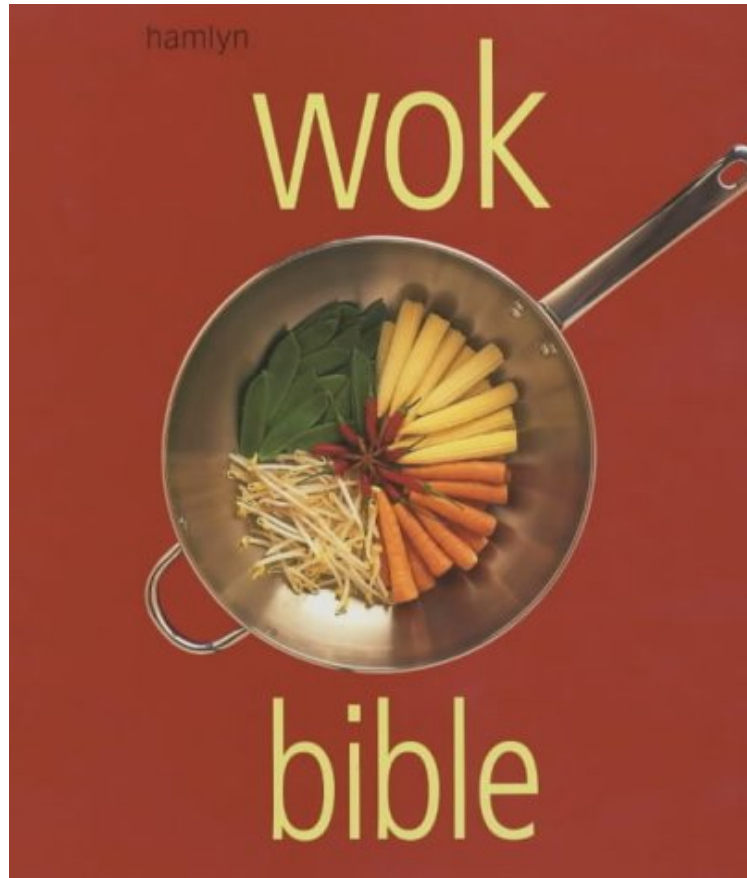


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0 of 0 people found the following review helpful. Over my headBy larry244Lack of explanation about some ingredients, I don't like to have to go on the Net to figure out what I'm eating.2 of 2 people found the following review helpful. not just for stir-fryBy Karen Sampson HudsonYou'd be surprised what a versatile appliance the wok can be! Especially now when health-conscious cooks are incorporating more fish and chicken dishes into their repertoire, woks are extremely useful. Cooking fish quickly at high temps, as you can easily do in a wok, seals in its freshness and enhances its flavor."Wok Bible" contains many recipes you'll use again and again. Check out the chapter on desserts and try "Indonesian Fried Bananas" and "Fried Apple and Coconut Cakes." In the "Hale and Hearty" chapter, we especially liked "Duck with Pineapple."Throughout the book are many "wok tips" enclosed in an icon picture, great helping hints for the budding Asian-dishes cook. "Wok Bible" could be subtitled "Soup to Nuts, Asian Style". Try it to become adept at turning out these delicious meals. The same old meat-and-potatoes menu will become a thing of the past at your house! Highly recommended.0 of 0 people found the following review helpful. Delicious!By Veronica AllendeI've had the Wok Bible for 4 years now, and every recipe I've made from this book has come out

absolutely delicious!! I highly recommend the Mangenaut and Beef Stirfry, Burmese Coconut Rice, and Vietnamese Chicken Rolls (which are surprisingly easy to make). For anyone who is bored with regular stirfry, this book has amazing new ways and great ideas to spice up stirfry, rice and dessert recipes. Lastly, my boyfriend, who is the most finicky eater of all time, has loved everything I've made for him from this book. It's a must-buy!

Over 100 quick and easy wok recipes bringing you selections of Eastern cooking with flavours from South-east Asia, China, Thailand, Indonesia, Vietnam and Malaysia. This recipe book features spreads on flavourings and sauces, stir-fry cooking tips and menu planning.