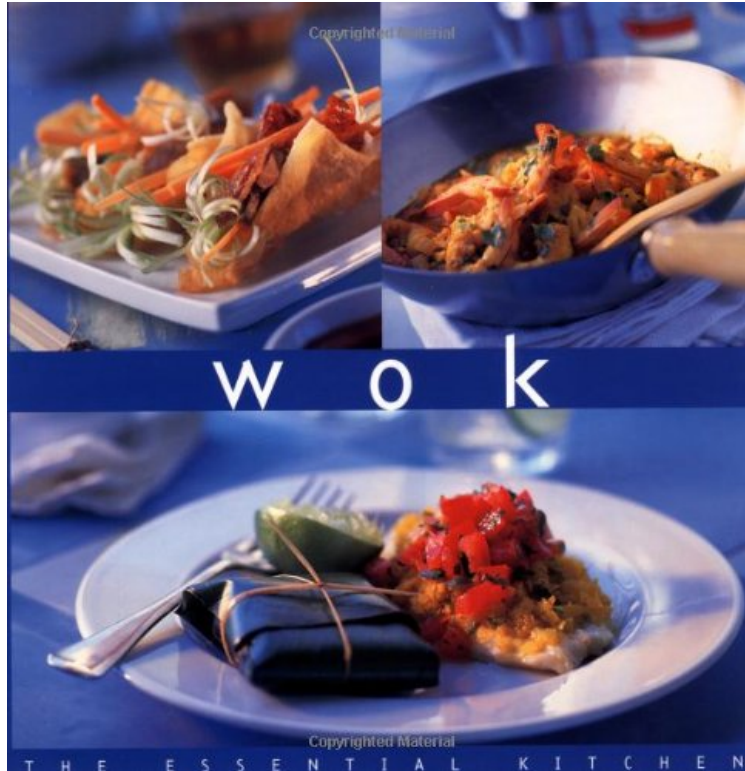


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## Wok (Essential Kitchen)

Vicki Liley

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**Vicki Liley : Wok (Essential Kitchen)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Wok (Essential Kitchen):

1 of 1 people found the following review helpful. Great little CookbookBy Kindle CustomerThis is an awesome little cookbook and helps to guide you in using your wok more efficiently and making wonderful meals. I would highly recommend!10 of 13 people found the following review helpful. Beautiful!By A CustomerThis book is great, and I'm looking into others in the series. I bought two more for friends of mine as well. It has great pictures, great recipes and really tells a beginner with a wok what are the best things to pick out and how to take care of a wok (so different from the regular pots). My little brother loves cooking from it.

From dishes such as Wok-Fried Chicken and Vegetable to Warm Pumpkin and Lentil Salad, this book presents a tantalizing array of healthy snacks and meals that can be prepared quickly and easily. 60 color photos.

"A collection of delicious recipes made using the healthy method of wok cooking." -- North Carolina Builder/ArchitectAbout the AuthorVicki Liley is known for her innovative and versatile recipes. A recipe writer and food stylist, she has worked for Australia's leading food magazines and is the author of a number of cookbooks.