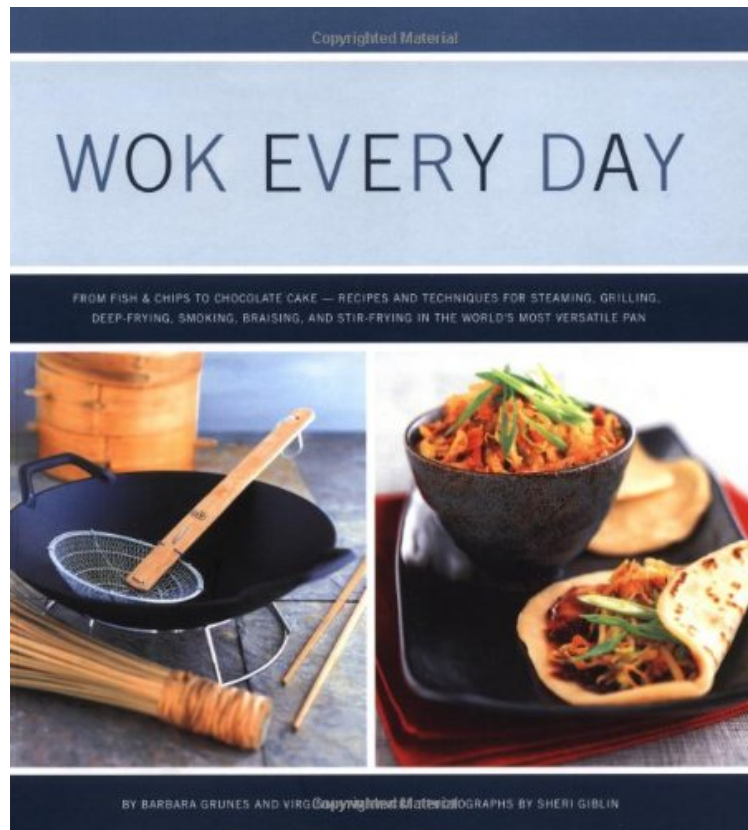


(Download) Wok Every Day

Wok Every Day

Barbara Grunes

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Barbara Grunes : Wok Every Day before purchasing it in order to gage whether or not it would be worth my time, and all praised Wok Every Day:

6 of 7 people found the following review helpful. Uninformed eye candyBy Michael DFits its premise in that it tells you lots of things you can do with a wok. The photos are pretty. But the recipes do not stem from much research, nor are the many ways that woks (and other similar pans) are used in several cuisines explored. Rather the fare is typical "fusion" cooking, with recipes that might be charming for occasional use, but nothing really memorable.0 of 0 people found the following review helpful. Excellent BookBy Liamas a person new to Woks, I wanted to learn everything I could really do with the pan, this book was an excellent choice in that dept4 of 7 people found the following review helpful. I was very pleased with this book. I was happy to see that styles of cooking OTHER than Asian were presented.By AMchoThere are many different styles of cuisine that can be cooked in a wok, or so I discovered from this book. One can even bake a cake in a wok, who knew!! This is true to it's title.Throw out those other pots and pans!! Don't need 'em no more!! and enjoy the simplicity of the ancient wok.

The concept is simple: one wok, many meals, all of them perfectly done. Arguably the only pan you really need, the wok is the kitchen chameleon capable of turning out not just stir-fries, but everything from pub-style fish and chips to,

yes, chocolate cake. The wok can do it all, and do it well - whether it's sizzling up crunchy polenta fries, steaming succulent Swordfish Margarita with Papaya Salsa, braising delicious Curried Beef with Basmati Pilaf, or smoking Chicken with Fig Confit. And imagine popping a warm homemade jelly doughnut into your mouth! With plenty of traditional stir-fry recipes, advice on choosing the right wok and accessories, and tips on proper wok upkeep, *Wok Every Day* makes it easy to wok like a gourmet.

From Publishers Weekly Think woks are just for stirfries? Veteran food writers Grunes and Van Vynckt present a unique approach to wok cookery, with entrees, side dishes, savory sauces and even desserts that radically extend the boundaries of dishes traditionally associated with the versatile Asian pan. Found here are directions for preparing Steamed Eggs with Green Chile, Ravioli Tossed with Pancetta and Walnuts, Spare Ribs with Kumquats and Stir-Friend Pound Cake with Strawberries. Divided into chapters by cooking method-e.g., stir-frying, deep-frying, steam heating, braising and simmering, smoking, etc.-for easy organization, this cookbook explains that "the single best way to season a wok is to simply use it as much as possible." Vivid full-color illustrations of such imaginative fare as Farfalle with Red Grapes and Watercress and Pork, Fennel, and Blood Oranges remind chefs of all stripes that wok delights can be pleasing to both the palate and the eye. Although many of the recipes are for delectable meat-based dishes like Vietnamese-Style Beef with Lemongrass, there are plenty of fish and vegetarian options as well, such as Pinto Bean Confetti and Swordfish Margarita with Papaya Salsa. This is a well designed and pleasing cookbook, sure to inspire home cooks to put their woks through their paces. Copyright 2003 Reed Business Information, Inc. About the Author Barbara Grunes has authored over 40 cookbooks, including several with Virginia Van Vynckt. A resident of northern Illinois, she has written about food and dining for the Chicago Sun-Times. Virginia Van Vynckt has written extensively for the Chicago Sun-Times weekly food section and is an experienced editor and web designer. Her fascination with woks developed during her travels in Southeast Asia. She lives in northern Illinois. Sheri Giblin is a food and lifestyle photographer. She lives in San Francisco.