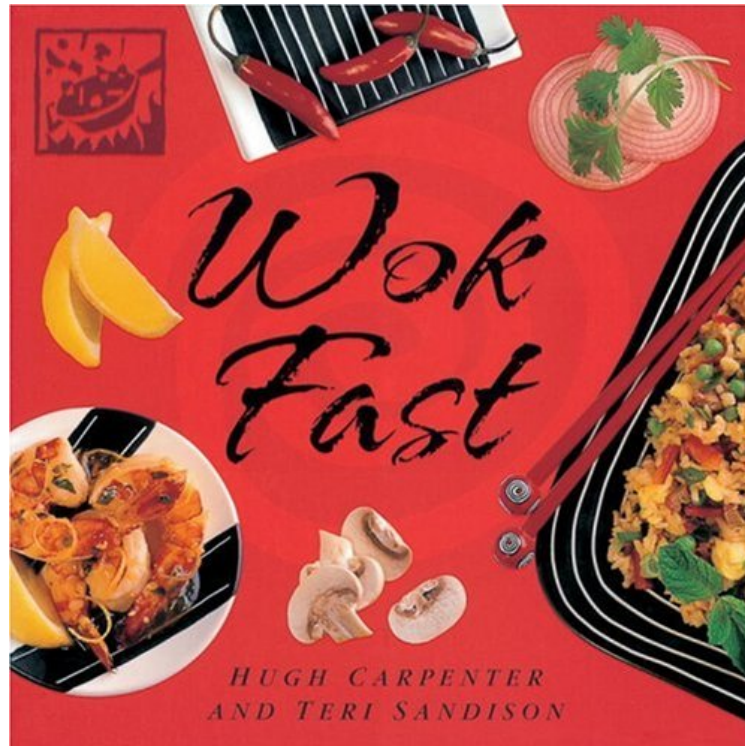


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## Wok Fast (Fast Books)

*Hugh Carpenter, Teri Sandison*

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**Hugh Carpenter, Teri Sandison : Wok Fast (Fast Books)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Wok Fast (Fast Books):

1 of 1 people found the following review helpful. Turns the Wok into Your Everyday Go-to-CookwareBy Matty RoofIf you're looking for a great way to integrate your wok into everyday cooking, this book is perfect. It removes the complex intricacy of some wok dishes and instead ads in simple instructions for how to mix and match. For those times when you do want a specific dish, it offers up dozens of great dishes with minimal prep and cook time.I heartily recommend this as a practical book which you'll benefit greatly from reading through to get ideas for how to make quick and effective wok meals.0 of 0 people found the following review helpful. How to use a wok with over 100 recipesBy jim blackburnThis book is just the ticket for those who want to learn how to use a wok properly, and how to cook many delicious oriental and Asian dishes. The 28 sauce recipes alone are worth the price of the book. Includes articles on seasoning your wok, how to slice up the different veggies used in oriental cooking, prepping before starting, and it is my Wok Bible. And it is a quick way to cook. A great cookbook.0 of 0 people found the following review helpful. First choice for Wok Cookbook!By Seldon BradleyThis should be your first wok cooking book. The section of 19 sauces is an invaluable tool in shortening your wok learning experience. Pick a sauce, chop some veggies, throw in some chicken or mussels and you are done in15 minutes. The recipes are fabulous! - Mussels in Smoked Tomato Sauce - Bangkok Shrimp with Mushrooms.There are many tips on preparation and cooking techniques. Included is a section on Asian Condiments that will make your shopping experience in the Asian market understandable.

The wildly popular culinary team of Hugh Carpenter and Teri Sandison prepare robustly flavored meals from the versatile wok, served in a flash—the perfect fare for weeknight cooking. With their emphasis on short ingredient lists and plenty of make-ahead tips, the recipes in WOK FAST are tailored to accommodate tight schedules, without sacrificing flavor. Dinners include Blackened Shrimp with Tangerine Garlic Essence, Crunchy Celery Chicken with Peanut Glaze, Baby Bok Choy in Spicy Garlic Sauce, and Cantonese Wild Mushroom Pasta. A delicious collection of marinades and sauces can be paired with any of the recipes, creating endless flavor variations. So grab your wok and set your table—dinner will be served in minutes!

From Library Journal The latest book from this prolific husband-and-wife team is a follow-up to their Fast Appetizers. Carpenter's food has always reflected Asian influences, and wok cooking is one of his favorite techniques. Wok Fast offers quick and easy recipes arranged in short chapters by main ingredient, from vegetables to lobster and crab to noodles. There is a brief but informative introduction, with good step-by-step photographs and a "pantry" of sauces and marinades. For larger collections. Copyright 2002 Cahners Business Information, Inc. About the Author Hugh Carpenter, one of America's most popular cooking instructors and writers, teaches at cooking schools throughout North America and at his own school in California's Napa Valley. Teri Sandison is one of the country's best known food photographers. This husband-and-wife team lives in the Napa Valley community of Oakville, California.