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Wok Stir-Fry Cooking: At the Academy (California Culinary Academy)

Joyce Jue

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#3286375 in Books California Culinary Academy 1993-02Original language:EnglishPDF # 1 11.00 x 8.50 x .50l, #File Name: 1564260445128 pagesWok stir-fry cookbok | File size: 76.Mb

Joyce Jue : Wok Stir-Fry Cooking: At the Academy (California Culinary Academy) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Wok Stir-Fry Cooking: At the Academy (California Culinary Academy):

It is said that the pleasures of the wok are many. In this book, the California Culinary Academy demonstrates the great versatility of the wok with tips on techniques, step-by-step instructions on preparation cooking methods, most appetizingly, recipes for a wide assortment of inventive delectable dishes from a number of international cuisines. In addition to stir-frying, which is covered in detail throughout the book, the wok is well suited to steaming, deep-frying even indoor smoking. Included are special features on sauces for the wok, rice noodles, a glossary of ingredients. There are even menus for a classic Chinese lunch, a light theater supper, an entire chapter on festive foods for entertaining. With novel ideas, clear illustrations, simple tricks to perfect your wok technique, this is both a practical primer and an elegant collection of enticing recipes menus, with appetizers, vegetable dishes, main entrees. It presents an easy, smart, stylish approach to this most venerable versatile of cooking tools.