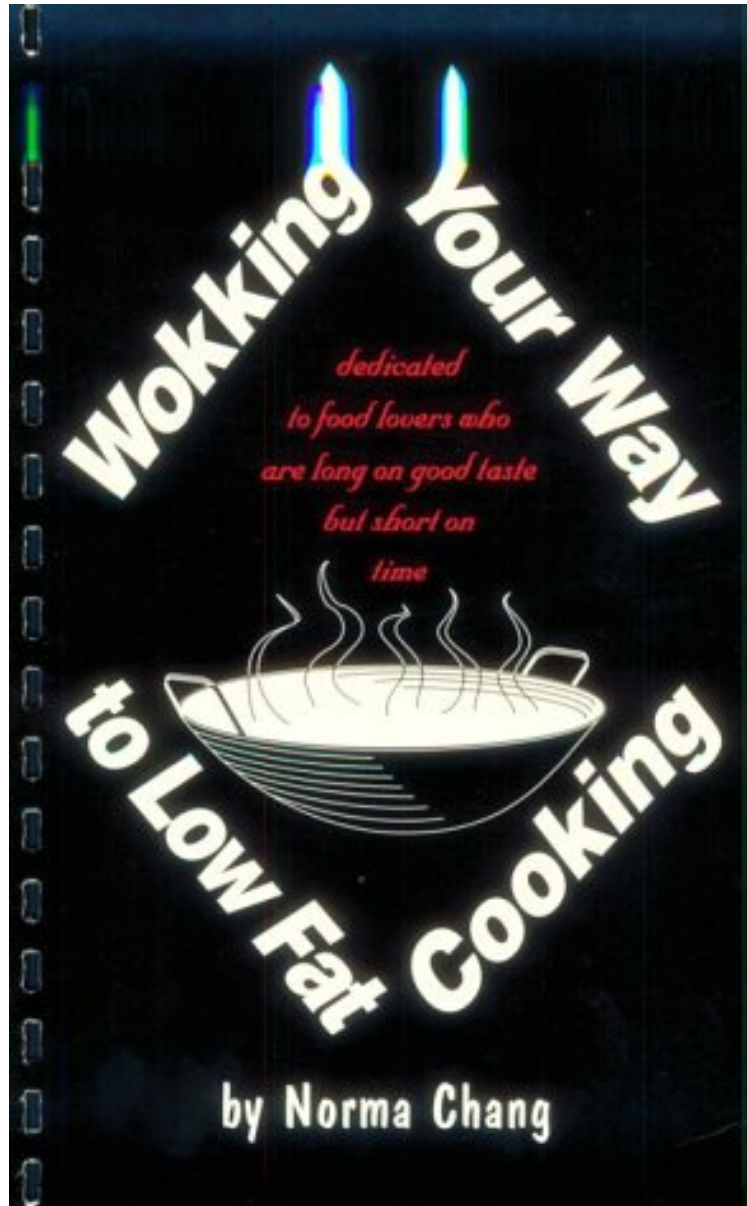


[Ebook pdf] Wokking Your Way to Low Fat Cooking

## Wokking Your Way to Low Fat Cooking

*Norma Chang*

*audiobook / \*ebooks / Download PDF / ePub / DOC*



[Download](#)

[Read Online](#)

#6085090 in Books Travelling Gourmet 1994 Original language: English PDF # 1 9.00 x 6.50 x .50l, Binding: Plastic Comb 206 pages | File size: 26.Mb

**Norma Chang : Wokking Your Way to Low Fat Cooking** before purchasing it in order to gage whether or not it would be worth my time, and all praised Wokking Your Way to Low Fat Cooking:

0 of 0 people found the following review helpful. Five Stars By Michele Morton Great book 39 of 39 people found the following review helpful. Buy this book and you won't want Chinese take-out again! By Julie Leung

(jjleung@pobox.com)My husband and I never choose to eat at Chinese restaurants any more. Why? We've been too spoiled by this book! Why go out to eat when we can have better food at home?"Wokking Your Way to Low Fat Cooking" changed my cooking style and our taste buds forever. The fried rice, chow mein and other dishes served in restaurants now seem too greasy and boring, heavy in calories and unnecessary additives. We've gotten too used to the fantastic flavor and less fat in Norma Chang's creative and healthy cuisine. I use her book at least once a week, if not more. It is my constant companion in the kitchen. Even if I am not cooking directly from her book, I have adapted the author's methods and helpful tips to other recipes. After reading "Wokking Your Way", I've never cooked the same again."Wokking Your Way" recipes are not only easy to prepare but also nutritious and delicious. The directions clearly state each step and include variations to add simple spice to any dish. Most ingredients can be bought at a regular grocery store. A wok is not even necessary. I've used non-stick skillets instead.During my postpartum days, adjusting to life with a newborn, I often made Sweet and Sour Fish or Bay Scallops with Green Peas, dishes that contain lots of protein and vitamin-rich vegetables but can be cooked in just minutes. If I have a busy evening planned, then I do what the author suggests: marinate the meat and slice the vegetables the night before. The next day, dinner can be finished in less time than the rice cooker needs to make the rice. So easy and "yummy" (as my toddler daughter now says)!The book also contains many other well-loved recipes, including plenty of ideas for salmon (my favorite), a creative Crispy Apricot Chicken, Beef with Spinach Soup, Sesame Noodles, and, a favorite fall dessert: Autumn Fruits with Honey and Lime.Friends often ask me for my recipes. I tell them what a wonderful cookbook "Wokking Your Way to Low Fat Cooking" is. The subtitle written on the cover says it all: "dedicated to food lovers who are long on good taste but short on time".18 of 18 people found the following review helpful. Low-fat and delicious CHinese recipesBy A CustomerWhat are the three F's in cooking today? Flavor, Fast and Fat reduced. I found these all in Norma Chang's "wokking Your Way to Low Fat Cooking. I've made several recipes from this book and found them easy to follow and the results delicious! Most recipes have a teaspoon or less added fat. The hints and tips throughout the book are good for all types of cooking. With the variations added to each recipe, add another F for fun!

Book by Chang, Norma

About the AuthorNorma Chang, The Travelling Gourmet, is a food lover who enjoys sharing her skills and ideas with others through her many food-related activities. She is also the author of the cookbook, "My Students' Favorite Chinese Recipes." A chef, cooking instructor and avid gardener, Norma Chang believes cooking should be fun. The food you prepare and eat should not only be good for you, but should look good and taste good too. This philosophy is reflected in her cookbooks, in her cooking classes and in her cooking demonstrations. Through schools, libraries, groups and organizations, Norma Chang conducts cooking/cultural programs for kids on the theme "Chinese Customs Culture Via Food", and programs for adults on the theme "Eat Healthy to Stay Healthy - take out the fat but not the flavor!"