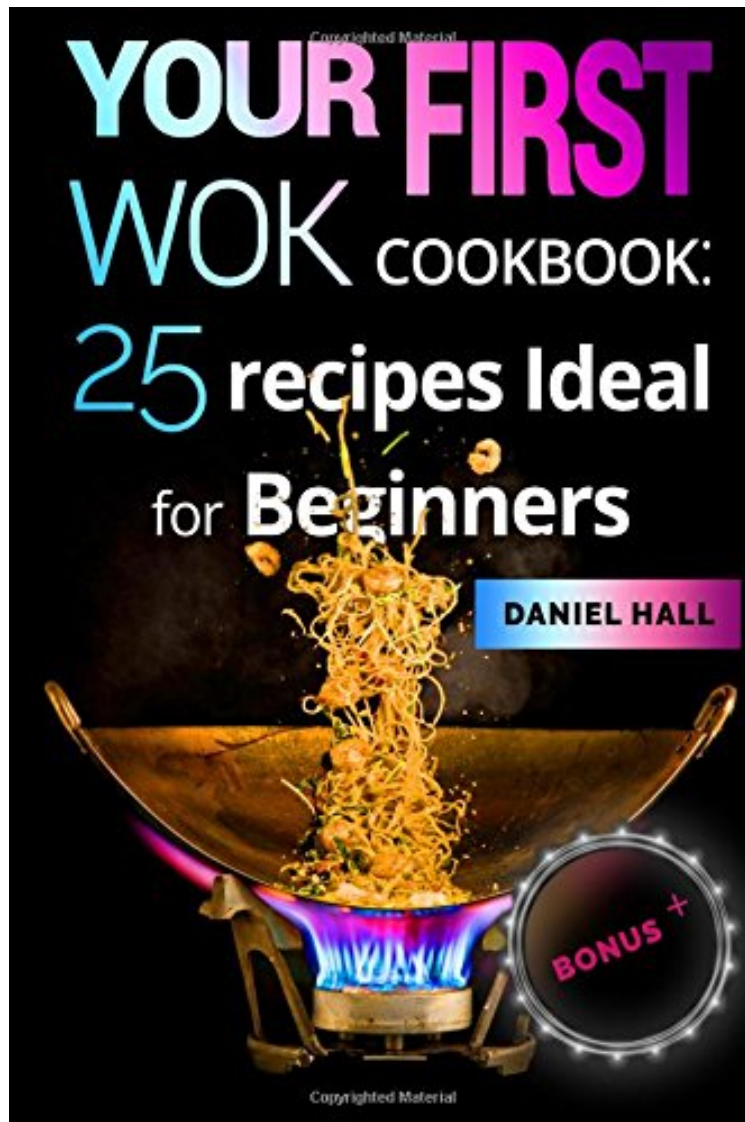


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## Your first WOK. Cookbook: 25 recipes ideal for beginners.

*Daniel Hall*

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Book is a Hot MessBy Adrienne FryeI just received this cookbook today and I am not impressed. The recipes are written poorly, the black and white pictures are completely off center (either they are partially cut off on the outer portion of each page or they are cut off near the center of the book), and the spacing of the recipes themselves is off - the entire book looks like it was some sort of thrown together mess - almost as if someone was given the project of writing a cookbook as part of their final grade in a cooking class and instead of working on it throughout the semester, they threw together what they could at midnight the night before it was due. I'm giving it 2 stars because I haven't tried making any of the recipes yet - they may turn out to be delicious and perhaps Mr. Hall just needs to find himself a new publisher. The recipes seem easy enough - the most difficult part is deciphering what the author means since there are typos and the wording seems a little off in each recipe I've read so far. The most interesting thing I read was the disclaimer at the back of the book that explains the accuracy of the book cannot be warranted due to the ever changing nature of science, research, and the Internet. What? It's supposed to be a cookbook, right? What's that about? Maybe that's the language the author settled on to make up for the fact that this book is so poorly put together. I've never seen a disclaimer like that at the back of a cookbook, but I am new to using a wok, so maybe the speed with which people are performing research and oh, yeah, the fact that the Internet itself exists, impacts the way one uses a recipe in a wok.0 of 0 people found the following review helpful. Irsquo;m fully satisfied with this bookBy CustomerIrsquo;m fully satisfied with this book, it has what I need ndash; delicious Chinese recipes. This food is also healthy, so you can enjoy meals and take control of your health. So, I recommend everyone to buy this Asian cookbook, it provides the recipes you will definitely want to cook.

Chinese cooking is famous throughout the world. Wok is the essential tool of the Chinese kitchen. Cooking with a wok is a unique technique that is very easy and tasty! In few minutes you can stir-fry your favorite dishes. This amazing vessel can be used not only for stir-frying, but also for steaming, deep-frying, poaching and smoking. Is wok cooking healthy? Yes! Yes! Yes! Main health benefits of wok cooking: middot; Limits fat content middot; Helps minimize nutrient losses middot; Minimizes sodium content middot; Distributes heat more evenly and needs less oil Thus you have less heart risk and cancer risk. Wok also avoids burning away vitamins which are so important to keep your body healthy. So are you looking for wok recipes? This great cookbook consists of 25 recipes that you can cook with the help of the wok. All of the recipes are easy and you can make it in no time. It allows you to cook healthy meals at home for you and your family every day. Forget about ordering Chinese takeout! The recipes written in this Chinese Cookbook are: Healthy Easy to make Very delicious Buy this Asian Cookbook now and start eating healthy food. Do it for yourself. Health plays a very important role in our life. Enjoy life. Enjoy being healthy.