



Wok & Stir-fry: 160 Sizzling Stove-top Recipes Shown in Over 270 Photographs

By Sunil Vijayakar, Becky Johnson, Jenni Fleetwood

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Wok & Stir-fry: 160 Sizzling Stove-top Recipes Shown in Over 270 Photographs, Sunil Vijayakar, Becky Johnson, Jenni Fleetwood, You can discover the amazing versatility of wok cooking, with this collection of more than 160 fresh and aromatic dishes. Every occasion is catered for, with recipes for Crispy Snacks and Finger Food; Soups and Appetizers; Poultry Dishes; Meat Dishes; Shellfish and Fish; Vegetable Main Dishes; Vegetables and Side Dishes; and even Sweet Dishes and Desserts. You can enjoy spicy snacks and appetizers such as Spiced Noodle Pancakes and Hot and Sour Soup, speedy sizzling main courses like Scented Chicken Wraps and Stir-fried Crispy Tofu, and even wok-fried desserts such as Sweet and Spicy Rice Fritters. It includes beautifully illustrated with 270 sensational photographs, each dish features a full nutritional analysis to make meal planning easy. Cooking with a wok is one of the simplest ways of making delicious food, and it is so versatile, it can be used for stir-frying, braising, steaming and deep-frying. This fantastic volume has over 160 recipes to suit every palate and occasion: try Chinese Crispy Five-spice Chicken, Steamed Mussels in Coconut Milk and Balinese Vegetable Soup. A guide...



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This book is fantastic. This is certainly for all those who statte there had not been a really worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

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Excellent eBook and useful one. It can be rally fascinating throgh looking at period. You can expect to like just how the blogger create this publication.

-- **Myrl Schmitt**