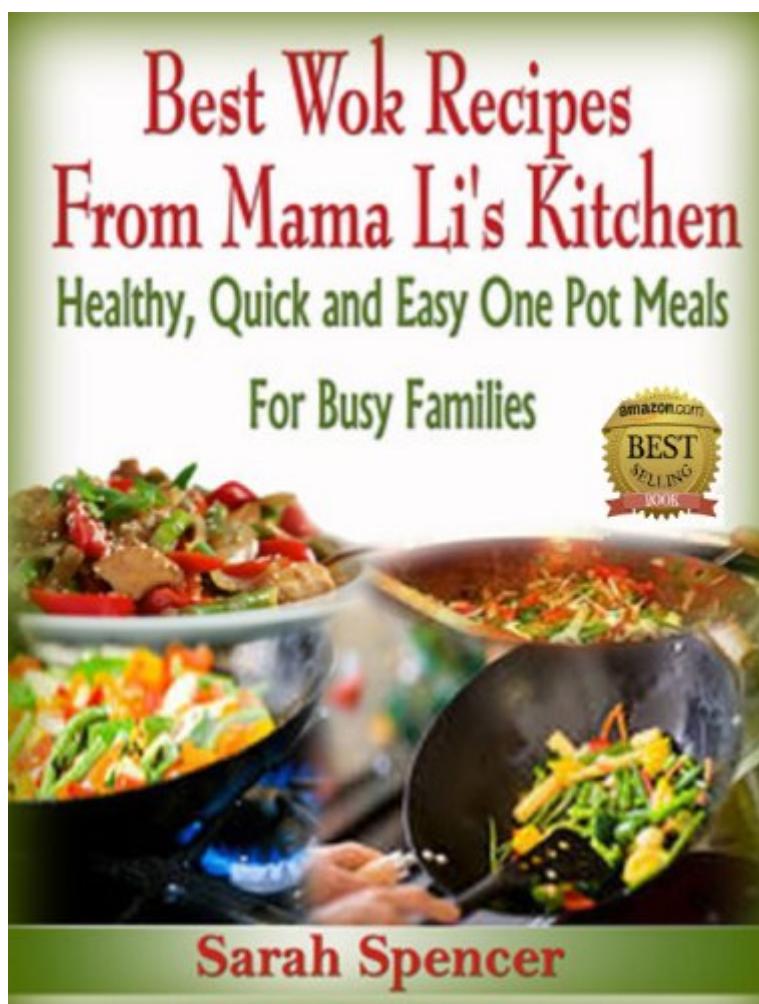


The book was found

# Best Wok Recipes From Mama Li's Kitchen: Healthy, Quick And Easy One Pot Meals For Busy Families (Mama Li's Kitchen Book 1)



## Synopsis

From Mama Liâ™s Kitchen to yoursMama Li showed me everything I know about cooking with a wok. She used a wok for preparing all her meals and it has become a tradition in our family to cook like Mama Li. You will find in this book a collection of her best recipes. The flavors of Asia are dominant and so fragrant. The ingredients are fresh, healthy and wholesome. They are easy to find and if you have the opportunity of living near an Asian market, donâ™t hesitate to visit and get some of your ingredients there, it will make it even more authentic. Most recipes can be adapted to fit any diet such as gluten-free or Paleolithic. You have to try them and see for yourself how easy and quickly you can prepare meals for your family to enjoy. Cooking with a wok is wonderful because you only need one pan and each meal is full of fresh vegetables and delicious lean ingredients for a healthy and nutritious diet. In this book, you will find everything you need to know about cooking with a Wok: ¢How to choose a wok ¢How to season and maintain your wok ¢The basic Wok cooking techniques ¢How to stock your pantry ¢Great beef recipes ¢Satisfying chicken recipes ¢Succulent pork and lamb recipes ¢Healthy and filling vegetarian recipes ¢Not to mention delicious soups and appetizers. Bon appÃ©tit!Now, scroll up and Grab your Copy!

## Book Information

File Size: 1161 KB

Print Length: 81 pages

Simultaneous Device Usage: Unlimited

Publisher: The Cookbook Publisher; 2 edition (August 5, 2014)

Publication Date: August 5, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00IYV0Q4C

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #155,588 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #19  
in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Asian > Wok Cookery #33 in Books > Cookbooks, Food & Wine > Asian Cooking > Wok Cookery #38

## Customer Reviews

I recently bought a wok, and was seeking to innovate with new recipes. This book helped me go a long way with my wok cooking. I was impressed with the details of cooking techniques, maintenance and even seasoning of wok cooked food. I love making the Steamed Halibut, the Mongolian Beef, the egg fried rice and the basic stir fry. If you have a wok and have been wondering what to do with it, get this book!

I have cooked on and off with a wok for many years. Getting through the preparation can take time but it is worth it when everthing comes together. This is an interesting cookbook because it comes from past generation of cooking which I find interesting. This book starts out with an overview of Mama Li which give you a little background into the source of the recipes. The book explains the many different types of woks and give you what you should need to pick-out a wok if you don't have one. The book goes on to talk about the health benefits of cooking with a wok and how to clean and care for your wok to get many years of use out of it. Then the best part is the recipes. There are many delicious recipes in the book with both protein and Vegan options to choose from. I will be trying the Mongolian Beef this weekend. If you like wok cooking or want to try it this book is a great place to start.

Next to my cast iron I love my wok and these recipes really are the living end. Mama Li is one super cook and a great teacher as well. If you are looking for real Oriental food then this is the cookbook for you. Great food that is good for you too. Thank you and enjoy your meal and enjoy your day.

I have to admit, I love my wok! I don't have much time to prepare meals but eating healthy food is really important to me, so stir fries and other quick wok recipes are the perfect solution for me. While I already have some basics under my belt, my recipes do tend to taste a bit samey (soy-ginger-sesame), so I got this book to get some new ideas. I really appreciate the easy-to-understand recipes and the nutritional info. I made the Japanese omelettes last night and they were fantastic!

Seeing this book made me ask myself why I hadn't cooked in the wok for a while ... well, I got the book and dusted off the wok and the first meal is going to be Mama Li's Pad Kee Mao. There are a

lot of recipes that sound wonderful in this book including beef recipes, chicken recipes, pork recipes and even lamb recipes. My family loves lamb and I debating between the Lamb in Black Bean Sauce and the Curried Lamb with Apple; I'll probably just make them both. There are also very appealing seafood recipes, vegetarian recipes as well as recipes for soups and appetizers. I'm really glad I discovered this book ... it's a keeper!

well written. good recipes

This book is full of great recipes that are filling and healthy. Unlike other recipe books, the author devotes part of the book to explaining the techniques of this type of cooking, the ingredients, and other little tips.

Best Wok Recipes from Mama Li's Kitchen by author Sarah Spencer has a fair assortment of stir fry recipes. The book is well-written and the ingredients are easy to find.

[Download to continue reading...](#)

Best Wok Recipes from Mama Li's Kitchen: Healthy, Quick and Easy One Pot Meals for Busy Families (Mama Li's Kitchen Book 1) INSTANT POT: 2,500 Instant Pot Pressure Cooker and Slow Cooker Recipes Cookbook (Instant Pot, Instant Pot Recipes, Crockpot Cookbook, Slow Cooker Recipes, ... Pot Dump Meals, Crock Pot Freezer Meals) CROCK POT: Delicious Freezer Meal and Dump Meal Recipes for Busy People (Crock Pot, Crock Pot Cookbook, Crock Pot Recipes Cookbook, Crockpot Cookbook, ... Dump Meals, Crock Pot Freezer Meals Book 1) CROCK POT: Delicious, Healthy Crock Pot Recipes (2100 Crock Pot Recipes Cookbook, Clean Eating, Crockpot, Healthy Crock Pot, Crock Pot Chicken, Crock Pot Recipes Cookbook) Crock Pot: 2,000 Crock Pot Recipes Cookbook (Crock Pot Recipes, Slow Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot Cookbook) Instant Pot Pressure Cooker Cookbook: Easy Recipes and the Ultimate Guide to Fast, Delicious, and Healthy Meals: Healthy, Easy And Delicious Meals With ... Crock Pot, Healthy, Quick & Easy, Paleo,) Instant Pot: 365 Days of Instant Pot Recipes (Instant Pot Cookbook, Instant Pot Slow Cooker, Instant Pot Book, Crock Pot, Instant Pot, Electric Pressure ... Vegan, Paleo, Breakfast, Lunch, Dinner) Welcome to Wok World: Unlock EVERY Secret of Cooking Through 500 AMAZING Wok Recipes (Wok cookbook, Stir Fry recipes, Noodle recipes, easy Chinese recipes ,...) (Unlock Cooking, Cookbook [#2]) Crock Pot: Delicious Crock Pot Dump Meals, Freezer Meals and More! (Crock Pot, Crockpot Recipes Cookbook, Dump Meals, Freezer Meals, Chicken and Soup Recipes) CROCK POT Dump and Go

Recipes: Quick and Easy Meals Ideas for When You're In a Hurry: (Crock pot recipies, Slow Cooker recipies, Crock Pot Dump Meals, Crock Pot cookbook, Slow Cooker cookbook) Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual (Frugal Cooking, Meals For One, Cooking For One, ... Recipes, Easy Meals, Slow Cooker Cookbook) Instant Pot Cookbook: 500 Instant Pot Recipes Cookbook for Smart People (Instant Pot, Instant Pot Recipes, Instant Pot Recipes Cookbook, Instant Pot Electric Pressure Cooker Cookbook) Welcome to Wok World: Unlock EVERY Secret of Cooking Through 500 AMAZING Wok Recipes (Wok cookbook, Stir Fry recipes, Noodle recipes, easy Chinese ... (Unlock Cooking, Cookbook [#2]) (Volume 2) Instant Pot Electric Pressure Cookbook: Incredibly Easy & Healthy Mouthwatering Instant Pot Recipes For Quick Scrumptious Meals (Instant Pot, Instant Pot Cookbook, Electric Pressure Cooker, Paleo) CROCK POT: 500 Best Crockpot Recipes (crockpot cookbook, slow cooker recipies, crock pot meals, paleo, vegetarian, crock pot, crock pot cookbook, crockpot freezer meals, slow cooker cookbook) Crock Pot: 1001 Best Crock Pot Recipes of All Time (Crockpot, Crockpot Recipes, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot, Slow Cooker, Slow Cooker Recipes, Slow Cooker Cookbook, Cookbooks) Instant Pot Cookbook: Top 10 Electric Pressure Cooker Recipes: Instant Pot, Instant Pot Cookbook, Instant Pot Recipes : The Best Instant Pot Cookbook for ... cooker, electric pressure cooker recipes) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Weight Watchers One Pot Cookbook: 200+ One Pot Meals, Quick and Easy Meals For Weight Loss & Healthy Eating: Slow Cooker, Pressure Cooker, Dutch Oven and More Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)