



Ebook Directory
the best source of ebook

The book was found

The Stir Fry Cookbook: 100 Fun And Fresh Recipes For The One-Stop Cook



Synopsis

It's not just for Chinese food anymore! The wok, or stir fry pan, has recently experienced a revival, making a new appearance as the perfect way to prepare tasty, varied meals with a minimum of fat, hassle, and cleanup. Many complete meals can be prepared in this extraordinarily versatile pan. You will be amazed by the diversity and simplicity of this traditional pot, which is demonstrated here through appealing photographs, healthful ingredients, and simple instructions for the home chef.

Book Information

Paperback: 160 pages

Publisher: McGraw-Hill; 1 edition (April 10, 2001)

Language: English

ISBN-10: 0809293048

ISBN-13: 978-0809293049

Product Dimensions: 8.6 x 0.3 x 8.8 inches

Shipping Weight: 15.7 ounces

Average Customer Review: 3.4 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,073,483 in Books (See Top 100 in Books) #97 in Books > Cookbooks, Food & Wine > Asian Cooking > Wok Cookery #3326 in Books > Cookbooks, Food & Wine > Kitchen Appliances #9518 in Books > Cookbooks, Food & Wine > Regional & International

Customer Reviews

Gina Steer is an accomplished food writer and stylist whose work has appeared in many leading cooking and lifestyle magazines.

Not what I expected - too much weird ingredients. Bought it for my mom but it was a waste of money.

Arrived on time and as described, good recipes to try, no problems

On casual reading this is just what I need,

This is another gift my son requested for Christmas. He has called me to tell me he loves it. Easy to follow recipes, pictures to help, and great tasting food.

In this day and age with so much to do and so little time left to spare, who does not love a good stir fry? A well-prepared stir fry is quick, easy to prepare, nutritious and tasty. Chicken, beef, fish, entirely veggie - the choice is yours. With a little creativity and by varying the ingredients, one can have a whole new meal; the variations are endless. One originally associated the wok with strictly Chinese cooking, and this book quickly enlightens us on that thought. If you think one stir fry is the same as the next, wait until you read this book; it is one I would not want to be without. It is truly a cook's best friend. The recipes are quite different and each one I have tried has been absolutely flavourful and delicious. This book is a "must-have" for anyone who does not have the time, energy or desire to spend hours slaving over a hot stove!

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

The Stir Fry Cookbook: 100 Fun and Fresh Recipes for the One-Stop Cook Stir Fry: Top 50 Best Stir Fry Recipes – The Quick, Easy, & Delicious Everyday Cookbook! Rice or Noodles: Oriental Stir Fry Cookbook featuring 30 Mouth-watering Stir Fry Recipes Stir Fry Recipes: 25 Easy Stir Fry Recipes for You to Make Your Lunch and Dinner Quickly! Stir Fry Cooking: Over 210 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Stir Fry Natural Weight Loss Transformation) (Volume 8) Stir Fry Cooking: Over 210 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Stir Fry Natural Weight Loss Transformation Book 8) Stir Fry 101: Over 25 Homemade Stir Fry Recipes to Feed the Family Freeze, Heat and Fry Box Set (5 in 1): Cast Iron, Air Fryer, Asian Stir-Fry Recipes and Freezer Meals (Quick and Easy Recipes) 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]) 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) The Healthy Wok Chinese Cookbook: Fresh Recipes to Sizzle, Steam, and Stir-Fry Restaurant Favorites at Home Cook Yourself Slim: Nutritious, Delicious, Quick And Easy Stir Fry Recipes Gastric Sleeve Cookbook: QUICK and EASY – 40+ Bariatric-Friendly Salad, Soup, Stew, Vegetable Noodles, Grilling, Stir-Fry and Braising Recipes You Can ... (Effortless Bariatric Cookbook Series 6) Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Bringing Home the Seitan: 100 Protein-Packed, Plant-Based Recipes for Delicious "Wheat-Meat" Tacos, BBQ, Stir-Fry, Wings and More Ken Hom's Top 100 Stir Fry Recipes: Quick and Easy Dishes for Every Occasion (BBC Books' Quick & Easy Cookery) Stir-Fry Cook Book

Essential Wok Cookbook: A Simple Chinese Cookbook for Stir-Fry, Dim Sum, and Other Restaurant Favorites The Essential Wok Cookbook: A Simple Chinese Cookbook for Stir-Fry, Dim Sum, and Other Restaurant Favorites 100 Quick Stir-Fry Recipes (My Kitchen Table)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)