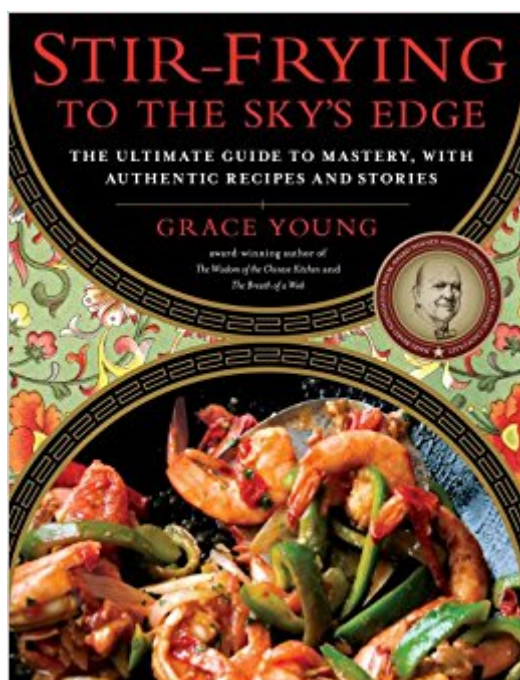


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Stir-Frying To The Sky's Edge: The Ultimate Guide To Mastery, With Authentic Recipes And Stories



Synopsis

Winner of the 2011 James Beard Foundation Award for International Cooking, this is the authoritative guide to stir-frying: the cooking technique that makes less seem like more, extends small amounts of food to feed many, and makes ingredients their most tender and delicious. The stir-fry is all things: refined, improvisational, adaptable, and inventive. The technique and tradition of stir-frying, which is at once simple yet subtly complex, is as vital today as it has been for hundreds of years—and is the key to quick and tasty meals. In *Stir-Frying to the Sky's Edge*, award-winning author Grace Young shares more than 100 classic stir-fry recipes that sizzle with heat and pop with flavor, from the great Cantonese stir-fry masters to the culinary customs of Sichuan, Hunan, Shanghai, Beijing, Fujian, Hong Kong, Macau, Taiwan, Singapore, and Malaysia, as well as other countries around the world. With more than eighty stunning full-color photographs, Young's definitive work illustrates the innumerable, easy-to-learn possibilities the technique offers—dry stir-fries, moist stir-fries, clear stir-fries, velvet stir-fries—and weaves the insights of Chinese cooking philosophy into the preparation of beloved dishes as Kung Pao Chicken, Stir-Fried Beef and Broccoli, Chicken Lo Mein with Ginger Mushrooms, and Dry-Fried Sichuan Beans.

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Customer Reviews

Stir-frying may have been pedestrianized by generations of vegetarian college students, but this beautiful, comprehensive cookbook restores it to its rightful place among the most elegant cookery techniques. The virtues of stir-frying, Young writes, are many: it makes bounty out of small amounts of meat and oil; it emphasizes healthful vegetables; and most importantly, it creates 'alchemic flavor

out of raw ingredients. Young (*The Breath of a Wok*), has a scholarly yet impassioned approach, and she fuses personal anecdotes, meticulously researched history, and stir-fryâ “related arcana to illuminate her subject. She covers types of woks and utensils and a recommended stir-fry pantry, including a photograph of sauces with tricky-to-decipher packaging. At the book’s heart are the classic techniques and dishes of China’s regional cuisines, such as Hunan-style cumin beef, Cantonese chicken with black bean sauce, and stir-fried Sichuan beans. Still, for Young, who always travels with her own wok, the story of stir-frying is also the story of the Chinese diaspora. By tracing the stir-fry around the world, she demonstrates all of the diversity it can contain: Jamaican stir-fried chicken with chayote, Cuban fried rice, and Peruvian stir-fried filet mignon. For the serious home cook, this informative, lyrical tome is an inspiration. Photos. (May) Copyright Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Most people associate stir-frying solely with Chinese cookery, but this classic method of flash cooking has influenced cuisines throughout the world due in large part to the Chinese diaspora. Young, whose expertise in wok technique has already enlightened American cooks, has now gathered recipes for stir-frying reflecting culinary traditions as far-flung as Indonesia and Peru. Familiar Chinese dishes such as Sichuan Pork with Peppers and Peanuts and Shrimp in Lobster Sauce honor classic flavor combinations, but Jamaican Chicken with Chayote shows that stir-frying can adapt to other cultural impulses. For the novice, Young offers lots of basic yet learned advice on shopping for unfamiliar ingredients and on assembling a Chinese pantry. Photographs and step-by-step instructions make fundamental wok tools and techniques accessible to even the least experienced. Her sidebars featuring talented stir-frying masters from all over the world add human dimension to the recipes. --Mark Knoblauch

Back in the 70s and early 80s, the wok was all the rage. Then in one of my many youthful moves, I lost mine and never thought about it again. Not, that is, until this book came along. Grace Young’s book is great for the first-time wok cook, or for those like me who are rediscovering Asian cooking. The opening section has clear explanations and color photographs on the different kinds of woks, how to season a wok, wok tools, and wok variations in different countries. She provides a very handy list of Asian ingredients, with explanations for each and substitutions that can be used for some. The recipes are clearly written, accessible to the western cook, and lots and lots of color photos which I particularly appreciate. At the back is a resource list of stores and web sites. I called one of these -- The Wok Shop in San Francisco’s Chinatown -- and the store owner, Tane, who is

also featured in one of the pictures in the book, was very helpful in helping me choose the right wok for me and my stovetop. A mere sixty bucks and a few days later, I had my wok, wok cover, all my wok tools, and was ready to roll. (I bought a lot of extras but you can get a wok from Tane for as low as \$15) Since then we've been using the wok several times a week, and really enjoying the many things that can be made in it, especially the vegetables, which I'm trying to eat more of. what I appreciated most about Young's philosophy is that wok cooking is extremely inexpensive AND healthy. It is the chosen cooking tool for humans in most parts of the world, and once you learn how to use your wok, most of those other pots and pans really are not needed. Wok, heat source, something to move the food around (spatula or whatever), and some food from the garden or local market and you are good to go, anywhere on the planet! Highly recommended for novice cooks and chefs alike!!

I can stir fry! Kung pao chicken my favorite so far - better than any I have had at a restaurant .

This book is fantastic and well-researched. Do yourself a favor and also join the Wok Wednesdays group on Facebook, where Grace Young participates and helps members. There are also many experienced wok-ers on the group who can give hints and tips as well. I've made about 15 of the recipes and every single one was fantastic. I also love reading the stories of Chinese diaspora and the importance of food for developing their sense of place as they were scattered across the globe. Hands down this is in the top three cookbooks I have owned. Love it!

I have Ms. Young's other book (Breath of a Wok), and I was concerned that this one would just be a repeat. However, I was very mistaken. This book is amazing in its own way, and the layout is TOTALLY different. Make sure you look at the pages to see which one is better for you since either one is a great book to use for your wok experience. Yes, some of the information is shared between the two, but the recipes are all new and different. You can't go wrong with one or the other, or both!!

Kudos to Martin Yan's "The Well Seasoned Wok", it was my predecessor to Grace Young's "Stir Frying to the Sky's Edge"! I liked Yan's book very much, as it helped me start Wokking, but I LOVE Sky's Edge. As far as I can tell, it has absolutely everything one could need or want in a HOW TO...cookbook. Learning about the philosophy of traditional Chinese/Asian Wok cooking has given me a new appreciation for what, as a relative neophyte cook, I am trying to accomplish. If you have ever wanted to cook in a Wok, but thought you may not have the necessary ancestry, believe me

this is the definitive guide to culinary success for anyone! Just bring a willingness to learn. (And your reading glasses...the print is a little small!--take off one point of one star.) However, if the print were too much larger the book would require two strongmen to carry it, as it is packed with useful and tasty information. Thankyou, Ms. Young, for your attention to detail.

As a companion reference to Ms. Young's "Breath of the Wok," I purchased "Stir-Frying to the Sky's Edge: The Ultimate Guide to Mastery, with." I so appreciate Ms. Young's excellent teaching style she offers to wok cookery students. Sky's Edge offers wide variety in recipes and cooking techniques. Using both of these publications, one learns the skills of wok cookery. From preparing the varied recipes Ms. Young presents, one becomes skilled enough to improvise recipes for the wok, creating personal tastes with ingredients available locally. I have cooked many years and now purchase only those cookbooks which research has shown me to be of highest quality in instruction and food versatility. Ms. Young's books meet these criteria and are a pleasure to use. Jorja Shannon

Fantastic! For someone who knew nothing about Asian cooking or using a wok, we were able to make restaurant quality stir-fry from the first attempt. This was in part because the author gives a very detailed ingredient list, and even which brand is her favorite. We didn't always choose HER favorite, because some of them included MSG in them which we avoid. In those cases we simply found another brand with similar ingredients without the MSG. The instructions are clear and easy to understand. You can jump around in the book where needed. We've also discovered Wok Wednesdays, a group that makes a recipe each Wednesday from this book. Very cool if you have the time to join them. Beautiful book, fantastic information. What more could one ask? :)

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