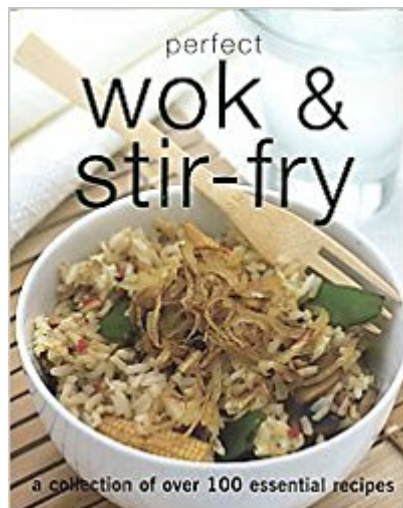


The book was found

Wok & Stir-Fry (Perfect)



Synopsis

This handy guide to all things stir fry presents practical advice on how to choose and prepare stir fry ingredients. Featuring a full color photo accompanying each recipe, it is packed with delicious, quick and easy recipes to save time and stress in the kitchen, from simple salads and appetizers to mouthwatering rice and noodle dishes. --This text refers to an out of print or unavailable edition of this title.

Book Information

Series: Perfect

Hardcover: 240 pages

Publisher: Parragon Inc (December 2006)

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Product Dimensions: 1 x 6.8 x 8.2 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #847,812 in Books (See Top 100 in Books) #80 in [Books > Cookbooks, Food & Wine > Asian Cooking > Wok Cookery](#) #2761 in [Books > Cookbooks, Food & Wine > Kitchen Appliances](#) #7672 in [Books > Cookbooks, Food & Wine > Regional & International](#)

Customer Reviews

I just began teaching myself how to cook Asian food in a wok. I've owned this book about a month and have already made 5 recipes from it. Recipes are very clear and easy to follow. All recipes include "how to" photos as well as a larger photo of the completed meal. The recipes are healthy and have been big hits with both me and my husband who normally doesn't care for anything "exotic. Just make sure you have all your ingredients prepped (the most time consuming part) before heating your wok. The actual cooking in the wok goes very fast. Great book!

It is an okay book but as a vegan I need to pick and choose recipes. For those who like stir fry with meat, probably a better deal.

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