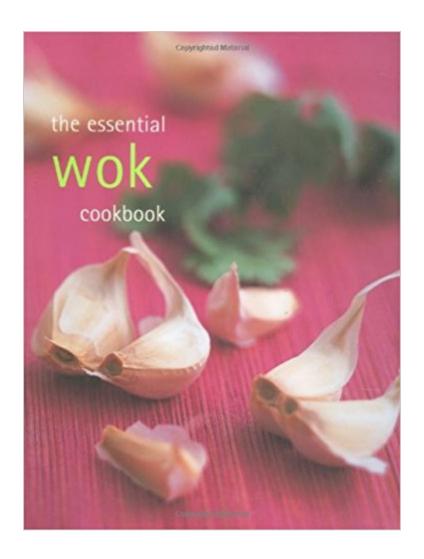


## The book was found

# **The Essential Wok Cookbook - Cased**





## **Synopsis**

Offering handy tips and advice to help you get the most out of your wok, this title features double-page spreads on particular ingredients and recipes.

### **Book Information**

Paperback: 304 pages

Publisher: Murdoch Books (May 1, 2004)

Language: English

ISBN-10: 1740454138

ISBN-13: 978-1740454131

Product Dimensions: 8.5 x 11 x 0.8 inches

Shipping Weight: 2.9 pounds

Average Customer Review: 4.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #807,642 in Books (See Top 100 in Books) #77 in Books > Cookbooks, Food

& Wine > Asian Cooking > Wok Cookery #2658 in Books > Cookbooks, Food & Wine > Kitchen

Appliances #7366 in Books > Cookbooks, Food & Wine > Regional & International

#### Customer Reviews

I love cooking chinese and this straight forward book helps me keep it simple and fun. I think everyone would get something from this book

Although this book looks like it could be just another random collection of wok recipes - every single recipe is spot-on!My husband and I both cook from this book regularly and have not had a dud yet. The recipes are fast and easy. You will need to get a few stock items from an asian grocer to get started, but then you'll be all set for quick, nutritious meals - heaps of variety!I recommend this book for people who are just setting up house and don't have too many kitchen gadgets - this book requires only a wok & a spoon! Great bachelor gift. It is also recommended for those following gluten free or wheat free diets as almost all the recipes can be served with rice, without any noodles or bread in sight! (Just make sure the sauces are the gluten free versions) Also, as a nutritionist, I would also note that you can successfully add extra veges to all these dishes. Many of the recipes are one meat and only one or two veges - but stir-fries are the easiest way to add more veges, so don't be shy! This style of cooking is so healthy, as long as you keep the ratio of meat and veges at about 1:3 minimum. (1 cup of meat for 3 cups of veges) (Eg: When it says to add broccoli, add an equal amount of beans and carrots also. Carrots and beans can be successfully added to almost all

these recipes without affecting the flavour. Bok choy is another ingredient easy to add in.

Capsicum/peppers will affect the flavour so be careful with those)

#### Download to continue reading...

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 Essential Wok Cookbook - Cased Wok: 50 delicious Wok Dishes from China, Thailand, India and all across Asia (Wok Recipes) (Volume 1) Wok Cooking Made Easy: Delicious Meals in Minutes [Wok Cookbook, Over 60 Recipes] (Learn to Cook Series) The Breath of a Wok: Unlocking the Spirit of Chinese Wok Cooking Throug All You Need to Know About Wok Cooking - Convenient Cooking for Busy Lives: 50 Simple, Easy, and Tasty Recipes for the Wok 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 Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) EYEWITNESS GUIDE:75 LIGHT 1st Edition - Cased (Eyewitness Guides) Top Sport: Gymnastics (Cased) 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) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Essential Oils: Essential Oil Recipe Book - 30 Proven Essential Oil Recipes ::: My Essential Oil Private Collection Vol. 1 (Private Collection Essential Oils) The Everyday Wok Cookbook: Simple and Satisfying Recipes for the Most Versatile Pan in Your Kitchen Wok Cookbook The Healthy Wok Chinese Cookbook: Fresh Recipes to Sizzle, Steam, and Stir-Fry Restaurant Favorites at Home Essential Oils For Beginners: Essential Oils For Weight Loss: Essential Oils Natural Remedies: Essential Oils Summer And Winter Recipes: Nature's Best Kept Secret For Weight Loss And Balance Health

DMCA

Privacy

FAQ & Help