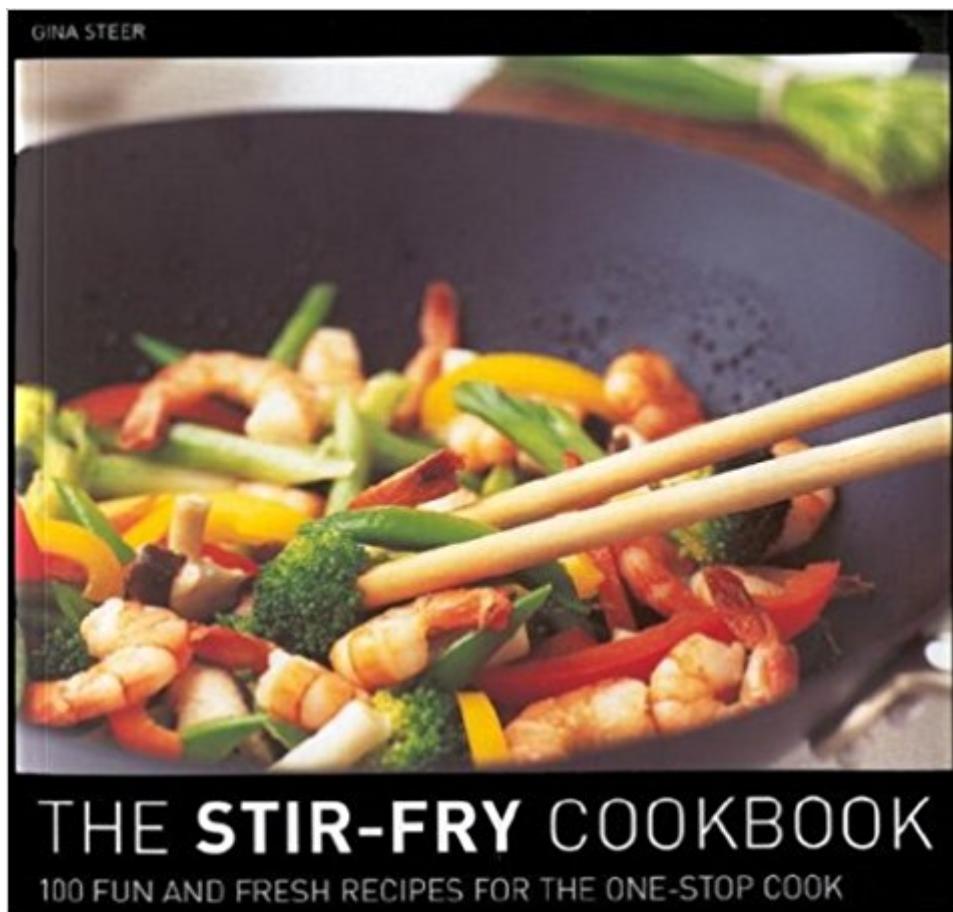


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The Stir Fry Cookbook: 100 Fun And Fresh Recipes For The One-Stop Cook



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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

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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!

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