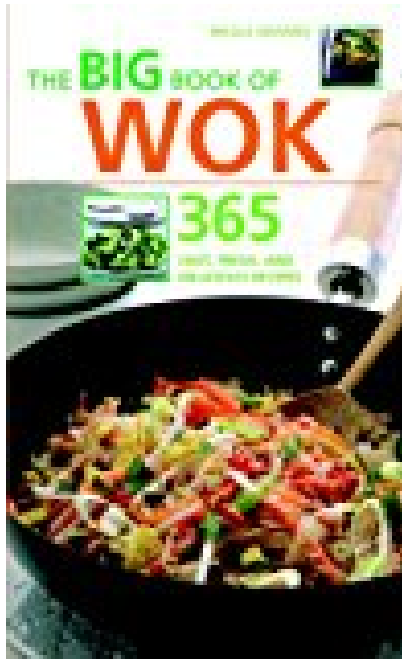


The Big Book of Wok 365 Fast Fresh and Delicious Recipes



BOOK DETAILS

- Author : Nicola Graimes
- Pages : 216 Pages
- Publisher : Duncan Baird
- Language : English
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BOOK SYNOPSIS

The wok is easily the most versatile cooking vessel ever invented. Its one-pan approach saves time and trouble--and makes clean-up simpler, too. But what gives woks their worldwide popularity is the unbeatable food they produce--as these 365 luscious dishes so richly prove. Wok-steamed fish delivers more taste, and wok-fried vegetables preserve more of their nutritional value than other methods. Better still, each of these tempting curries, stir-fries, and soups can be prepared in minutes. The lavishly illustrated recipes include green vegetable curry and spiced noodles, mussels in tomato broth, Hoisin duck with pancakes, and sesame and tahini spinach, and represent a range of great cuisines from Chinese and Indian to Thai, Vietnamese, and Japanese.

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