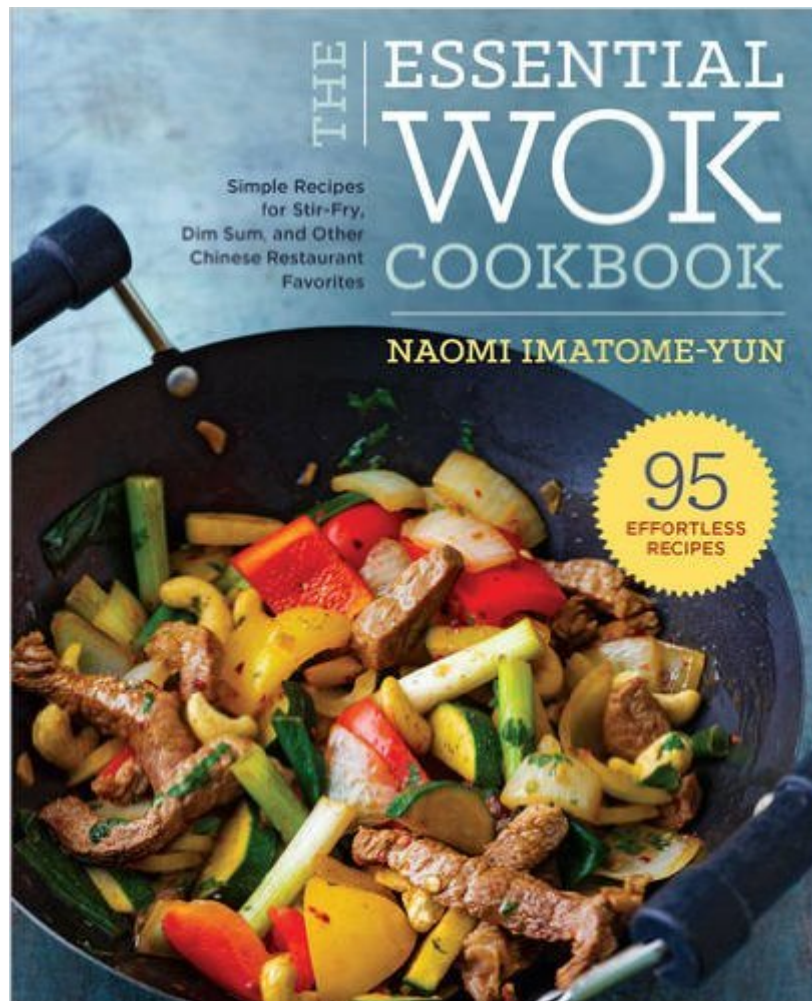


The book was found

Essential Wok Cookbook: A Simple Chinese Cookbook For Stir-Fry, Dim Sum, And Other Restaurant Favorites



Synopsis

All the Recipes You Need to Enjoy Comforting Chinese Food at Home Ordering Chinese takeout is easy--but it's definitely not the healthiest or most affordable way to enjoy Chinese comfort food at home. With this simple cookbook in your kitchen and a mighty wok in your hand, Chinese favorites are now quicker, healthier, and cheaper than delivery. The Essential Wok Cookbook is your guide to mastering the wok, the versatile pan that makes possible all of the Chinese restaurant dishes you love--no extra salt, oil, or MSG required. Beyond tips for selecting, seasoning, and caring for your wok, this cookbook also provides: Step-by-step illustrations for how to fold a dumpling, egg roll, and wontonÂ Fun features on the origin stories and American reinventions of foods such as egg drop soup and fortune cookiesÂ Recipe labels to help you decide what to make when you're short on time (30 minutes or less) and tight on cash (under \$10)Â Recipe tips to swap ingredients, save time, make a dish more healthy, or kick up the heatÂ If a journey of a thousand miles begins with a single step, start cooking today with your wok and see just how far The Essential Wok Cookbook will take you. Fire up the wok with recipes like Perfect Pork Pot Stickers, Easy Vegetable Stir-Fry, Lighter Egg Foo Young, Sweet Chili Shrimp, General Tso's Chicken, Better Beef with Broccoli, and many more!

Book Information

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Customer Reviews

This is a book that I truly enjoyed reading. The book begins by explaining the evolution of Chinese cooking in America. Ms. Imatome-Yun writes, "Chinese food in America is the product of immigration, local tastes, and American ingredients, which have influenced the evolution of the

cuisine since the Gold Rush days of the 1850s." Throughout the book, there are snippets of "Origin Stories" that explain how a particular Chinese dish came to be (for example, fortune cookies are a purely an American tradition - they aren't made, served, or eaten in China). One section of the book that was invaluable to me was, "Wok Basics." You see, I bought this book because I bought a cast iron wok right here on . Well, every time I tried to cook with it, I kept undercooking or, worse, overcooking things because I could not regulate the temperature well. Now Ms. Imatome-Yun does say, "If that's all you have, don't fret. You can still follow the recipes in this book..." She finishes by saying, "When you get a chance, invest in a lighter, easy-to-use carbon steel wok." That's exactly what I did (except I bought one from a thrift store for nine bucks... and it was the best nine bucks I've ever spent.). Having a carbon steel wok has made all the difference in the world when preparing the dishes in this book. It's also good for deep frying, but that a whole different book... The section of the book called, "Kitchen Basics" helped me to understand which sauces I needed to effectively cook the dishes in the book. Some are non-negotiable, while others you can safely substitute. Having this information allowed me to prepare a list of things to buy from my local Asian market.

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Stir Crazy! : More than 100 Quick, Low-Fat Recipes for Your Wok or Stir-Fry Pan
Easy Chinese Recipes: Family Favorites From Dim Sum to Kung Pao
The Wok Cookbook: Mouth-Watering Stir-Fry Recipes to Spoil Your Family! (Asian Recipes)
The Wok Bible: The Complete Book Of Stir-Fry Cooking
Stir Fry Cooking: Over 40 Wheat Free, Heart Healthy, Quick & Easy, Low Cholesterol, Whole Foods Stir Fry Recipes, Antioxidants & Phytochemicals: ... & Easy-Low Cholesterol) (Volume 45)
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The Everything Stir-Fry Cookbook (Everything

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