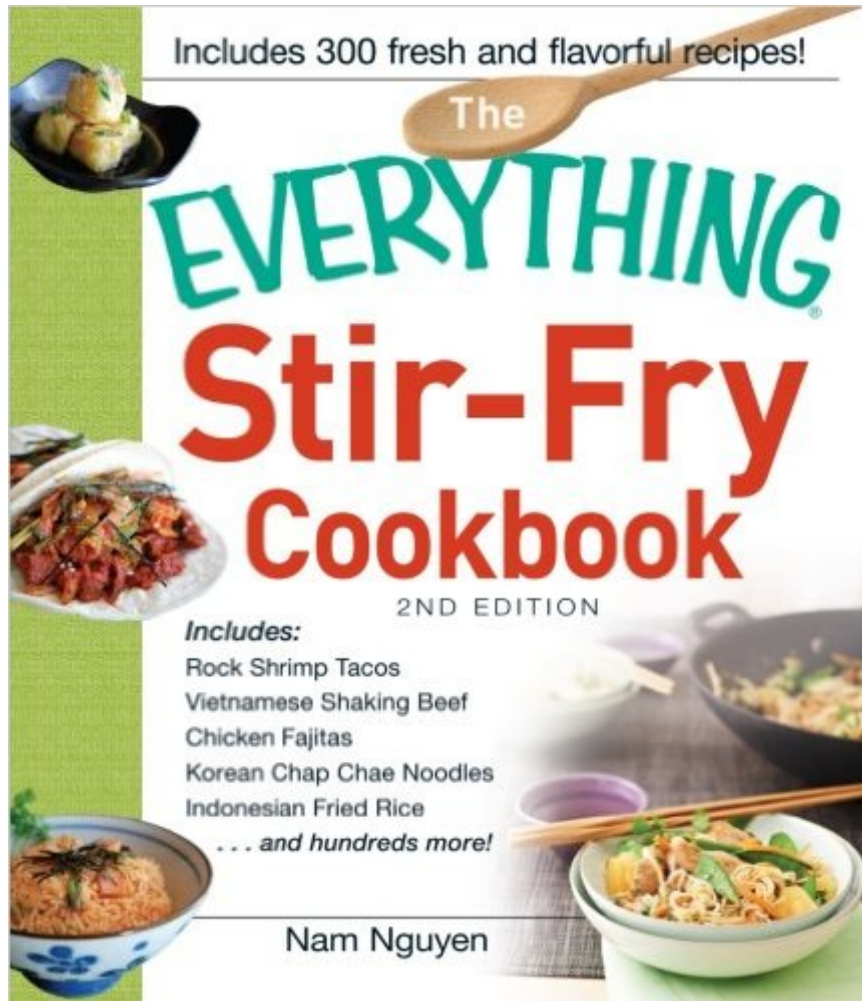


The book was found

The Everything Stir-Fry Cookbook (Everything Series)



Synopsis

Fast, fresh, and more delicious than take-out! Stir-frying is quick, healthy, and incredibly easy to do at home. The Everything Stir-Fry Cookbook, 2nd Edition is full of recipes that are guaranteed to get dinner on the table in minutes! This sizzling sourcebook of 300 recipes features delicious meals that don't require a lot of ingredients--or time, including: Salmon firecracker rolls Korean beef lettuce wraps Miso glazed scallops Thai-spiced hot and sour wings Shrimp pad thai Crispy ginger beef Tofu salad with ginger miso dressing Kung pao chicken Coconut-scented rice Egg foo yung General Tso's chicken Ginger peanut noodles You'll learn easy-to-master techniques that can be adapted to work with what's already in your crisper or whatever looks great at the farmer's market. This completely updated cookbook also offers helpful tips for choosing equipment, advice on finding the best ingredients, and effortless prep and stir-fry techniques. From healthy meatless options and fun international twists to classic takeout favorites--this book has everything you need to become a stir-fry master!

Book Information

Series: Everything Series

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (26 customer reviews)

Best Sellers Rank: #217,678 in Books (See Top 100 in Books) #26 in [Books > Cookbooks, Food & Wine > Asian Cooking > Wok Cookery](#) #754 in [Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy](#) #834 in [Books > Cookbooks, Food & Wine > Kitchen Appliances](#)

Customer Reviews

I really like this cookbook because it has good recipes and excellent instructions for each step of the recipe. I am a beginner at stir-fry and using this cookbook has given me confidence as well as much help. The recipes aren't too challenging, thanks to the accompanying instructions and this cookbook has been a good help to me. I recommend it to all stir-fry enthusiasts.

I like this book for two reasons, one, i'm old and can prepare a one dish meal for one person and the other because I'm using only fresh ingredients except for condiments. I recommend this book to everyone who will listen including my family.

Love it!! Love the way it's arranged with ingredients at the left in green, all the tips, the numbered instructions which are easy to read and follow and the section on essentials. Love also, the recipes on marinades and sauces - a real plus. I didn't know it was important to marinate, not just for flavor but for the tenderness of the meat. There are a good many items I'll need to buy to be able to stir fry like the Chinese restaurants do and have it taste like that. I thought I'd only need soy sauce, meat and veggies to stir fry. I was wrong.

Trying to get healthy is difficult after a lifetime of overdoing it. I have used these recipes a great deal and am grateful for the ease and completeness of the meal in a short period of time (I am not a patient cook). The food is more flavorful than I anticipated and the prep fast and easy.

Stir Fry is a absolute breeze with this cookbook. I am glade I purchase this book through . All the recipes all easy to follow and I never would have imagine I could cook like the chefs in the restaurants, this book is a must have plus you get the benefit of eating healthy.

This is a terrific book with all kinds of terrific stir fry options. I like the fact that there are a lot of different sauces. Just tried the citric stir fry sauce. It was delicious.

Nothing that intresting in it for me. Have a better chinese cooking book. Not enough pictures of finished dish.

I purchased this cookbook to go along with the new wok as a birthday present. He has been using his talents and presents daily.

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Wok Cookery : How to Use Your Wok Every Day to Stir-fry, Deep-fry, Steam, and Braise Stir Fry Cooking: Over 40 Wheat Free, Heart Healthy, Quick & Easy, Low Cholesterol, Whole Foods Stur Fry Recipes, Antioxidants & Phytochemicals: ... & Easy-Low Cholesterol) (Volume 45) Stir Crazy! : More than 100 Quick, Low-Fat Recipes for Your Wok or Stir-Fry Pan The Everything Stir-Fry Cookbook (Everything Series) Essential Wok Cookbook: A Simple Chinese Cookbook for Stir-Fry,

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