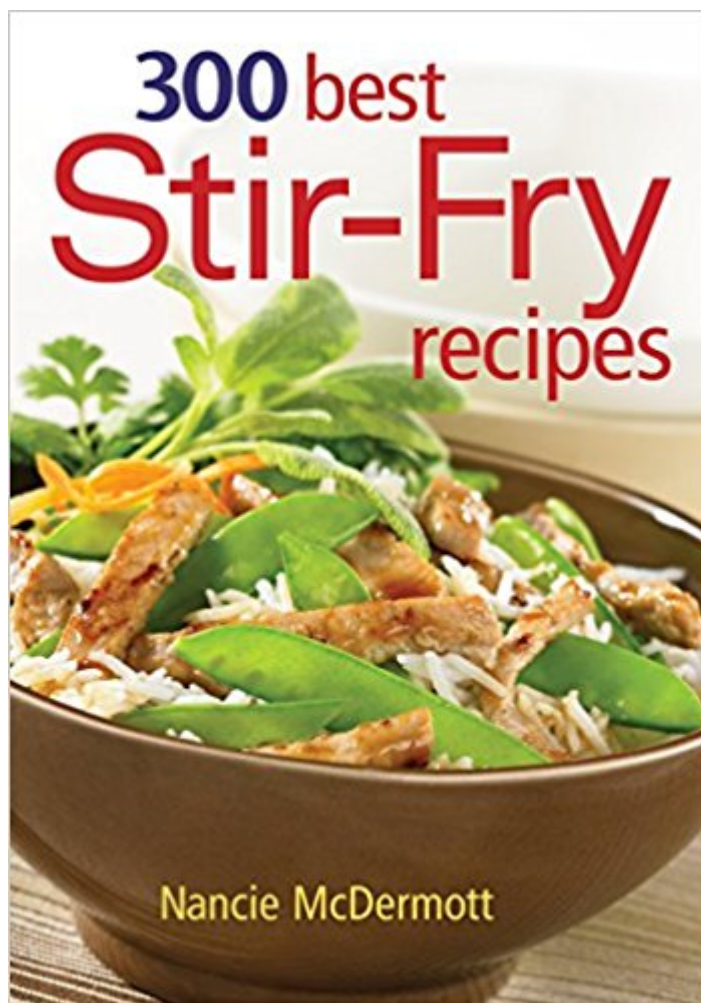




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300 Best Stir-Fry Recipes



Synopsis

With these stir-fry recipes there are endless options for making delicious meals. Stir-frying is a simple way to prepare delicious, healthful home-cooked meals for the whole family even on the busiest of days. In addition to the satisfying recipes, there is also a comprehensive ingredient glossary that features everything from bean paste to Szechwan peppercorns. And since a wok is often used in the cooking process, there's an extensive equipment glossary which includes information about woks and how to season them. Here's just a small sampling of the author's inspired recipes: Chicken Soy-Spiked Chicken with Shitakes, Peppery Basil Chicken Beef Gingery Beef with Spinach, Asparagus and Beef Toss Pork Garlicky Pork in Lemongrass Paste, Pork with Fragrant Black Beans Shrimp Greek-Style Shrimp with Tomatoes and Lemon, Cajun-Spiced Shrimp Ham, Sausage, Lamb and Roasted Meats Chinese Sausage with Cucumber, Down-Home Sausage with Apple Fish and Seafood Baja-Style Fish Fillets with Cabbage and Lime Meatless Mains Honey-Mustard Tempeh with Broccoli, Moo Shu Vegetables Fried Rice, Noodles, Rice, Grains and Other Sides Garlic-Scented Stir-Fried Rice with Clams and Parsley, Yakisoba. The many vegetarian dishes also provide healthy, satisfying and delightful meals.

Book Information

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Customer Reviews

Simple in concept, essentially healthy, and intrinsically quick. Nancie's stir-fry recipes help you cook delicious dishes using easy-to-find ingredients. With these flavorful dishes, it's simple to please your family and friends. (Plus Magazine (San Luis Obispo CA))The recipes are easy enough for

beginners in the kitchen, but so flavorful they will be appreciated by the most experienced cooks. (Denise Landis The Exeter News-Letter (Exeter, NH) 2007-06-29)The recipes are inspired by [McDermott's] work and travels abroad and incorporate easy-to-find ingredients. (Giftware News)One pan is all it takes for quick, delicious meals. (Fancy Food and Culinary Products)

Nancie McDermott is an expert on the food and culture of Thailand and the author of several other cookbooks. She contributes recipes and features on food and travel to Food and Wine and Bon Appetit magazine and lives in Chapel Hill, North Carolina.

I just bought an electric wok and needed a new cookbook with stir fry recipes. 300 best Stir-Fry Recipes is the best cookbook I have purchased in a very long time. I have tried 5 recipes and they have all been excellent! They are easy to prepare and the ingredients can all be found in the grocery store. I would highly recommend this cookbook to anyone who loves Stir-Fry!

I love to cook and for someone like me, this book is definitely it. the recipes are great but above that, they give you ideas to be creative about you food. I love the little tips about substituting items when you don't have a particular ingredient at hand! Only problem is I wish it had more pictures, but oh well, can't have it all right?

The recipes are easy to follow and taste good too. I gave it to my daughter and daughter-in-law and they are enjoying using it too.

Wonderful recipes.

Wonderful

This book contains recipes for a variety of delicious stir-fries. It makes for attractive dishes that advance healthy eating habits..

for most people it's probably fine but I didn't care for half the ingredients used

This book is huge and heavy! But if you're a stir fry lover it's perfect.

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