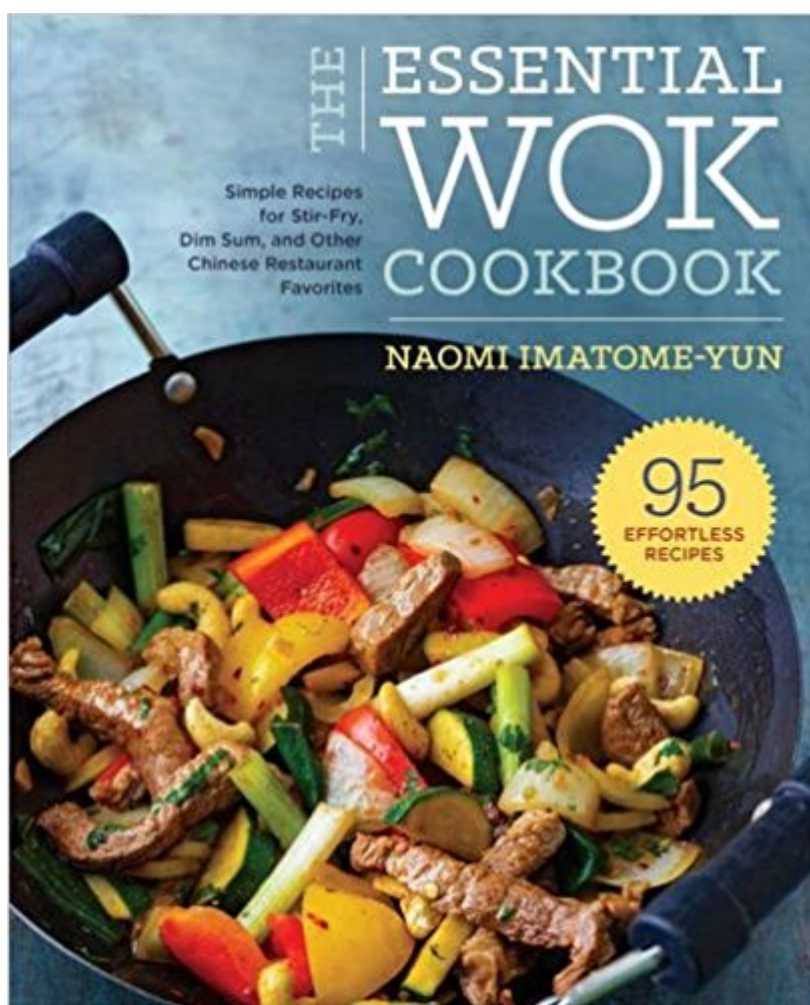


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Essential Wok Cookbook: A Simple Chinese Cookbook For Stir-Fry, Dim Sum, And Other Restaurant Favorites



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!

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Customer Reviews

I had not realized before buying this that the content was focused on healthy versions of American Chinese food. What a pleasant surprise! I am new to Wok cooking and this book has been great explaining the different kinds of Wok's, where to buy asian spices and what substitutes to make if

you can't find specific items at the grocery store (for example they mention using Mexican Red Chilies if you cannot find Chinese Red Chilies) So far we've made General Tso's Chicken and Dan Dan Noodles. Both of them have been hits with the family. If your new to Wok cooking or want a healthy version of your favorite take-out. This is your book!

I am going to get the bad news out of the way first....it's only one sentence anyway: There were not enough pictures. I don't own a Wok and am not real sure I will get one (simply due to storage space) but I WILL be trying SEVERAL of these recipes! My husband and I love Chinese food and this book is full of old time favorites as well as some unfamiliar but tasty sounding ones! Not only do the recipes include the serving size, prep/cook times, gluten status where applicable, but some actually say "Under \$10" although I'm not sure how confident I would be in putting that in print. ;) Most recipes also include a tip which might tell you what ingredients could be swapped out for each other, or the different ways that it could be prepared! The book begins with "the basics" and explains the advantages to preparing at home versus take out (YOU can control how healthy and the cost!) but my very favorite sections were the "Origin Stories"! Who knew that Fortune Cookies aren't even made, served or eaten in China! It's purely an American tradition! The more I think about it, I believe I would use a Wok more often than I use my Quesadilla maker! If you love Asian food you need this cookbook!

This book is okay but has few photos of dishes and those that are included are not labelled. I would not buy this again.

Not having done much cooking with a wok, I was happy to receive this book for free to review. What struck me right away was that the book appealed to health-conscious people like myself who enjoy the occasional Chinese food take-out order, but without all of the oils, salt and MSG. The author was careful to thoughtfully lay out everything the novice wok user would need to know -- from choosing to seasoning to caring for your wok. Additionally, through its colorful and mouthwatering photos, the book went on to detail all of the tools, spices and ingredients needed to get your "Chinese Kitchen" up and running. Most of all, I enjoyed the origin stories for all of the Chinese delicacies. I thought that these were a nice way to bring the book back full-circle. Yes, most of us aren't masters in Chinese cuisine, but from reading this book we can be one step closer to perfecting the stir-fry (among other dishes). All in all, this book was worth the read and I can't wait to try out some of my favorite Chinese recipes!

My husband has been cooking tacos in our wok for years, but I've always wanted to branch out from stir-frys. This cookbook has totally opened my eyes to the wide world of wok cooking, and it makes me excited to try new recipes. All the recipes were clear and easy to follow, and there are such a variety of options it will be hard to get bored with this cook book! I really enjoyed the 'origin stories' and how they gave you a history of the food style. I also liked the section that explained the different types of woks and which one would be best for your cooking habits. A few other things I loved about this cook book included:--The "under \$10" recipes.--Step by step instructions on folding a dumpling, egg roll, and wonton.-- Sauce recipes! Including homemade sriracha! All in all, this book is a welcome addition to my cook book collection. I received this book for free in exchange for my honest review.

I love cookbooks! I don't always use them, and I'm really bad about remembering I have them. We just got a wok, so I am so glad I had this book! It teaches you many ways to use a wok as well as the different kind of woks there are and what you should start with. These recipes are easy to modify according to your tastes, easy to follow, and make delicious meals. There are some things in this book that I will probably never make, but there are definitely some winners in here as well. I love new egg recipes, so the marbled tea eggs were fun. The veggies are solid, and the crispy soy-honey chicken wings are on point. This book was provided to me in exchange for a review. My thoughts and opinions are my own.

I have an interest in Chinese food as I am of Chinese background myself, though I am born in Australia. I think that the recipes are great, easy to follow and close to being authentic. My only quibble is she recommends way too much sugar. But, no offence that's American taste. I would suggest following her recipes and either cut down or cut out the sugar.

I love Chinese cooking and make it whenever I can and as I'm reading this book I learned so many new things like how fortune cookies are not from China, how to fold egg rolls and so much more. This is great for anyone to read and cook with. The recipes are delicious as well. I found I learned so much about the spices and seasoning used in cooking and what some of my favorite dishes are made with

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