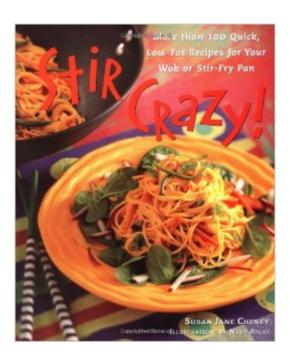
The book was found

Stir Crazy! : More Than 100 Quick, Low-Fat Recipes For Your Wok Or Stir-Fry Pan





Synopsis

From Moroccan lentil tangine to mushroom-stuffed streamed buns, Stir Crazy! shows readers how to create more than 100 memorable, meatless meals in minutes! And not only can each recipe easily be made in a wok or stir-fry pan, but all are high in flavor and naturally low in fat--combining the irresistible flavors of fresh vegetables, fruits, herbs, and spices with staples such as grains, noodles, beans, nuts, seeds, oils, and seasonings. Stir Crazy! even includes helpful advice on selecting pans and accessories, streamlining cooking methods, and more.

Book Information

Paperback: 192 pages

Publisher: McGraw-Hill; 1 edition (April 1, 1998)

Language: English

ISBN-10: 0809230011

ISBN-13: 978-0809230013

Product Dimensions: 7.4 x 0.5 x 9.1 inches

Shipping Weight: 12.6 ounces

Average Customer Review: 5.0 out of 5 stars Â See all reviews (1 customer review)

Best Sellers Rank: #1,200,225 in Books (See Top 100 in Books) #125 in Books > Cookbooks,

Food & Wine > Asian Cooking > Wok Cookery #230 in Books > Cookbooks, Food & Wine >

Regional & International > U.S. Regional > West #970 in Books > Cookbooks, Food & Wine >

Special Diet > Low Fat

Customer Reviews

Don't let it's small size mislead you. This wonderful little book breaks new ground for creative cooks who are ready to bring their woks and stir fry pans out of retirement. Totally vegetarian, it should appeal to anyone who's seeking low-fat and healthy cooking alternatives. Susan Jane Cheney is a long-time contributor to Vegetarian Times and one of those wonderfully talented folks who've created wonders at Ithaca's famous Moosewood Restaurant. For Stir Crazy, Susan has teamed with author-illustrator Nava Atlas to create a little gem that is a joy to read and rewarding to use. She covers all the requisite wok basics, but this book excels in the delightful alternatives to stir fries -- creative vegetables, stews, curries, soups, and more. Many of these recipes are ethnically inspired and all of them are healthy and vegetarian. Moreover, all of the recipes really work!If you're looking for new ideas for your wok or stir-fry pan, if you are a vegetarian, or if yo! u simply enjoy reading creative cookbooks, you will love this book.

Download to continue reading...

Stir Crazy!: More than 100 Quick, Low-Fat Recipes for Your Wok or Stir-Fry Pan Weight Loss Stir-Frying: 48 Low Carb, Low Fat Recipes for Quick and Easy Wok and Cast Iron Cooking (Wok & Stir-Frying) 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) Rice Cooker Recipes - Asian Cooking - Quick & Easy Stir Fry - Low Sugar - Low Sodium: Bonus: Trader Joe's Ingredients Asian Style Recipes (Rice Rice ... - Healthy Eating On a Budget) Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free Traditional and Contemporary Recipes (Secrets of Fat-free Cooking) The Wok Cookbook: Mouth-Watering Stir-Fry Recipes to Spoil Your Family! (Asian Recipes) Stir Fry Cookbook: Over 110 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) Essential Wok Cookbook: A Simple Chinese Cookbook for Stir-Fry, Dim Sum, and Other Restaurant Favorites The Wok Bible: The Complete Book Of Stir-Fry Cooking Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat) Low salt. Low salt cooking. Low salt recipes.: Saltless: Fresh, Fast, Easy. (Saltless: NEW fresh, fast, easy low salt, low sodium cookbook) (Volume 2) 100 Quick Stir-Fry Recipes (My Kitchen Table) Vegan Thanksgiving Dinner: 25 Full Of Taste Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat Vegan ... low fat high carb recipes) (Volume 2) One-Pan Wonders: Fuss-Free Meals for Your Sheet Pan, Dutch Oven, Skillet, Roasting Pan, Casserole, and Slow Cooker (Cook's Country) Forever Fat Loss: Escape the Low Calorie and Low Carb Diet Traps and Achieve Effortless and Permanent Fat Loss by Working with Your Biology Instead of Against It Wok Cooking Made Easy: Delicious Meals in Minutes [Wok Cookbook, Over 60 Recipes] (Learn to Cook Series) The Everyday Wok Cookbook: Simple and Satisfying Recipes for the Most Versatile Pan in Your Kitchen The American Heart Association Low-Fat, Low-Cholesterol Cookbook: Delicious Recipes to Help Lower Your Cholesterol Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker)

Dmca