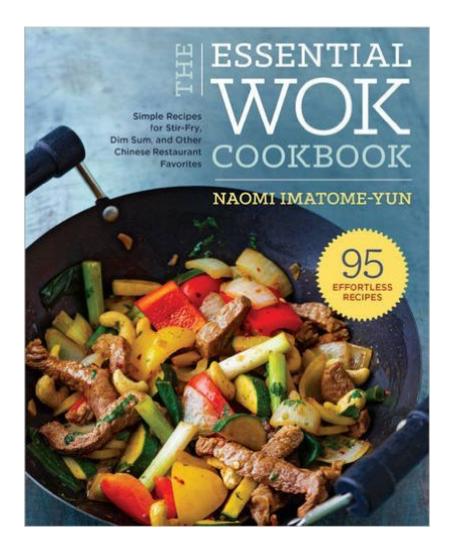
# The book was found

# 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 wonton Fun features on the origin stories and American reinventions of foods such as egg drop soup and fortune cookies 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) Recipe tips to swap ingredients, save time, make a dish more healthy, or kick up the heat 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**

Paperback: 150 pages Publisher: Rockridge Press; Gld edition (May 8, 2015) Language: English ISBN-10: 162315605X ISBN-13: 978-1623156053 Product Dimensions: 7.5 x 0.4 x 9.2 inches Shipping Weight: 0.3 ounces (View shipping rates and policies) Average Customer Review: 4.6 out of 5 stars Â See all reviews (129 customer reviews) Best Sellers Rank: #19,352 in Books (See Top 100 in Books) #5 in Books > Cookbooks, Food & Wine > Asian Cooking > Wok Cookery #6 in Books > Cookbooks, Food & Wine > Asian Cooking > Chinese #148 in Books > Cookbooks, Food & Wine > Kitchen Appliances

#### 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.

#### Download to continue reading...

Essential Wok Cookbook: A Simple Chinese Cookbook for Stir-Fry, Dim Sum, and Other Restaurant Favorites Wok Cookery : How to Use Your Wok Every Day to Stir-fry, Deep-fry, Steam, and Braise Weight Loss Stir-Frying: 48 Low Carb, Low Fat Recipes for Quick and Easy Wok and Cast Iron Cooking (Wok & Stir-Frying) 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 Stur Fry Recipes, Antioxidants & Phytochemicals: ... & Easy-Low Cholesterol) (Volume 45) Dim Sum: The Art of Chinese Tea Lunch Chinese books: Jojo's Playful Day in Chinese (Simplified Chinese book) Chinese book about a curious elephant: Bedtime Story for children in Chinese (Kids ... (Chinese beginner reading books for kids 1) Yum Yum Dim Sum (World Snacks) Dim Sum for Everyone! Wok Cooking Made Easy: Delicious Meals in Minutes [Wok Cookbook, Over 60 Recipes] (Learn to Cook Series) RESTAURANT MANAGEMENT: Restaurant Management Secret For Running Restaurant Business I Love to Tell the Truth (chinese english bilingual, chinese children stories, mandarin kids books): mandarin childrens books, bilingual chinese (Chinese English Bilingual Collection) (Chinese Edition) I Love to Share (mandarin childrens books, chinese baby books): kids books in chinese, chinese children stories, mandarin kids (Chinese Bedtime Collection) (Chinese Edition) The Everything Stir-Fry Cookbook (Everything

Series) Easy Stir-Fry Cookbook (The Effortless Chef Series) (Volume 18) Stir Fry Cookbook: Over 110 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) 100 Quick Stir-Fry Recipes (My Kitchen Table)

<u>Dmca</u>