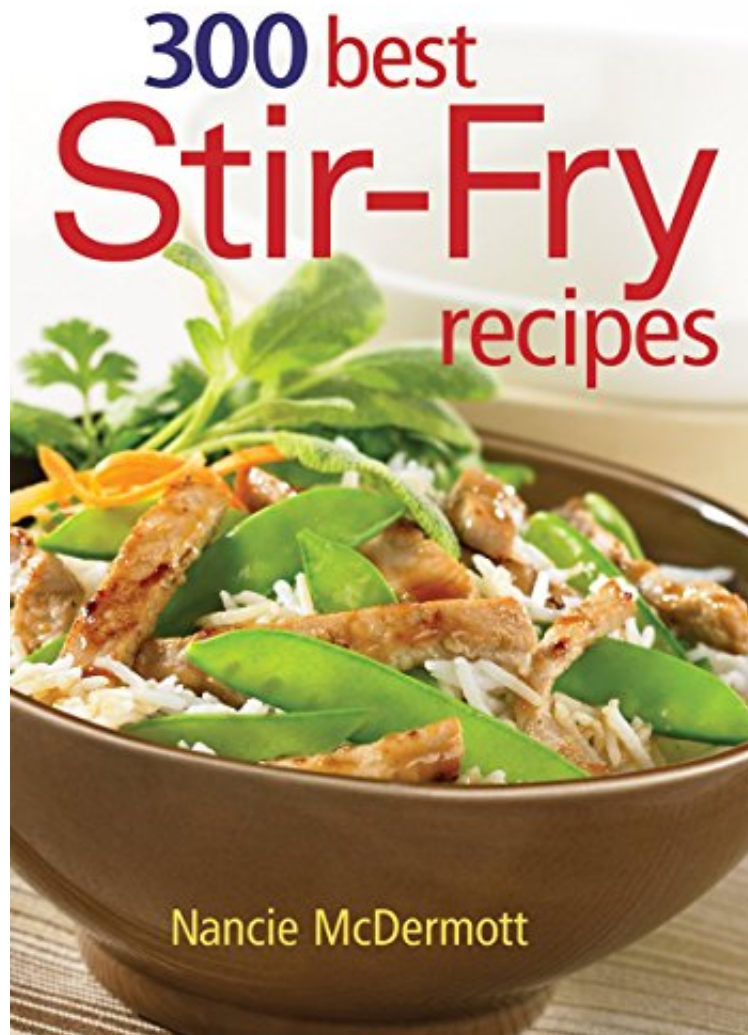


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300 Best Stir-Fry Recipes

From Nancie McDermott

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From Nancie McDermott : 300 Best Stir-Fry Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised 300 Best Stir-Fry Recipes:

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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? 0 of 0 people found the following review helpful. 300 Best Stir-Fry Recipes By mary 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.

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 Ginger 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.

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) About the Author 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. Excerpt. © Reprinted by permission. All rights reserved. Introduction This book is a recipe box, designed to introduce you to an ancient way of cooking, one that translates beautifully into the language and demands of the 21st-century kitchen. Simple in concept, essentially healthy and intrinsically quick, stir-frying makes sense for Western cooks, whether they are experts or novice cooks. With stir-frying in your kitchen repertoire, you have almost endless options for making delicious, healthful home-cooked meals, even on a busy day. Wonderful as it is, stir-fry cooking is presented here not to replace the cooking methods you use now, but rather to offer you another technique to use in cooking wonderful, satisfying and delightful food in your kitchen. If you don't cook, it's an excellent place to get started. If you do cook, stir-fry cooking fits right in to what you already do, while expanding your options to create wonderful food. I consider stir-fry cooking to be an essential part of my repertoire as a cook and I use it often to bring freshly cooked, beautiful and delicious food to our dinner table. I still stew, sauté, fry, steam and grill. I still make curries and soup and slow-cooker feasts, and I love having breakfast for dinner, meaning pancakes with maple syrup and sausage, or eggs and bacon and grits on a dark, wintry night. But stir-fry cooking is a cornerstone of my kitchen routine -- a simple, endlessly varied kitchen technique that helps me cook weeknight dinners for my family and celebration meals for our extended family and friends. The main course dishes in this book presume that you will enjoy them Asian-style, as a flavorful and substantial accompaniment to rice. Quantities of meat and vegetables in a given dish in most cases serve four people who are eating them along with a generous portion of rice or noodles or couscous or another satisfying accompaniment. Unlike a European-style stew or a bowl of chili con carne, which can be a meal in a bowl along with an optional serving of bread, stir-fried dishes exist in tandem with rice or another grain or noodle. They are seasoned to this end, with generous amounts of salt, herbs, and other intense ingredients, so that the flavors of the stir-fry balance and brighten the "comfort food" portion of the meal, which traditionally consists of unseasoned rice. One reason for this is that rice is what Asia has been eating for thousands of years, even before the wok appeared on the culinary scene as a tool for cooking. In Thailand, the very word for stir-fries and other substantial dishes, such as curries, steamed fish and soups, is "with-rice." It is a phrase, used as a noun, to encompass all that will be provided as a meal. It acknowledges that the traditional role of such dishes is to season, accompany and make more delightful the rice, which on any given evening was all that was available along with chiles, fish from the stream and greens from the garden. I hope you enjoy learning how to stir-fry or that you find a few new recipes to add to your repertoire if you already know how. I hope that your cooking brings you pride and pleasure. I hope that it makes your table a place where you can set aside your cares and enjoy being here, now, eating good food, whether you are alone, with family, or with friends. Nancie McDermott