

(Read download) Amazing Chinese Stir-Fry Recipes: Give your family a healthy meal in minutes!

## Amazing Chinese Stir-Fry Recipes: Give your family a healthy meal in minutes!

Martha Stone

ebooks / Download PDF / \*ePub / DOC / audiobook



[Download](#)

[Read Online](#)

#3468679 in Books Martha Stone 2013-11-25 Original language: English PDF # 1 9.00 x .15 x 6.00l, .22 #File Name: 149428022160 pages Amazing Chinese Stir Fry Recipes Give Your Family a Healthy Meal in Minutes | File size: 67.Mb

**Martha Stone : Amazing Chinese Stir-Fry Recipes: Give your family a healthy meal in minutes!** before purchasing it in order to gage whether or not it would be worth my time, and all praised Amazing Chinese Stir-Fry Recipes: Give your family a healthy meal in minutes!:

4 of 4 people found the following review helpful. Good concept but needs SERIOUS editing before it would be worth

buying By D. A. This small cookbook is exactly what I would like to give my 20 year old niece along with her first wok, but while the information recipes may be good, it is too awkwardly worded and poorly formatted to spend money on (I am reviewing a free kindle download). Pros: • Nice introduction to stir frying --- especially the info about heating the wok and cooking ingredients/removing them while the next item cooks --- perfect for someone new to wok cooking • Includes 25 recipes (5 vegetable, 5 chicken, 9 beef, 4 noodle, 2 rice)... seems like a nice variety of flavors (#4 "Chinese stir fry vegetables with cashew nuts"; was easy to make and tasty, although I omitted the 1 tsp salt since there was so much soy sauce in the recipe) • Uses easy to obtain, basic ingredients and encourages creativity in substituting ingredients based on what's on hand Cons: • Somewhat rambling and very awkwardly worded with many errors • until I read the author's bio, I assumed it was written by someone who spoke English as a second language or it was a poor translation into English • No photos and the brief introductions generally don't describe what flavors to expect from the recipes • Inconsistently and poorly formatted: --- 2 recipes list ingredients under marinade, stir-fry and sauce categories, which makes it easy to follow while cooking ... I wish that format was used throughout the book --- ingredients aren't listed in the order used --- it doesn't always note when the amount of an ingredient is divided --- it occasionally calls for an ingredient in the Method that wasn't listed under Ingredients, or calls for white wine under ingredients and rice wine under Method --- "chatty"; cooking directions in paragraph format which is more difficult to follow than concise directions in a bullet format (picture your friend telling you how to make something rather than typical cookbook directions) • While the author recommends using a regular wok (not non-stick), she doesn't discuss seasoning or properly maintaining it • Doesn't always list which kind of oil to use (7 recipes) and doesn't discuss smoke point of oils or give a general recommendation in the introduction- sometimes adds salt to sauces before they are cooked - impossible to season "to taste" at that point due to cornstarch and likely to make the dish too salty and also less healthy given the amount of sodium already in the soy sauce/other sauce ingredients With editing and someone to test each recipe for errors, this could be a useful "intro to stir fry" cook book, but in my opinion, not worth purchasing as is.

If you are a lover of Chinese cuisine and especially love their stir-fries then "Amazing Chinese Stir-Fry Recipes" is a book that you should be buying. Sure, there might be hundreds of Chinese cook books in stores near you or available through online stores but the one thing that sets "Amazing Chinese Stir-Fry Recipes" apart is the valuable information that you get with each of these recipes. The writer has carefully written the description to each of the recipes so that following them should be as easy as 1, 2, 3. What's more is that, the unique secrets which will authenticate your Chinese cooking are also included in the book. Now, more than ever, you will be encouraged to try out Chinese stir fry recipes because you are guaranteed that your home is going to come alive with true Chinese fragrances. And it is not just the dishes that are going to surprise you; the book itself is quite presentable and easy to read. It has been neatly divided into five sections, giving you stir fry recipes with vegetables, chicken, beef, noodles and rice. You will have no difficulty finding or following a recipe through this book.