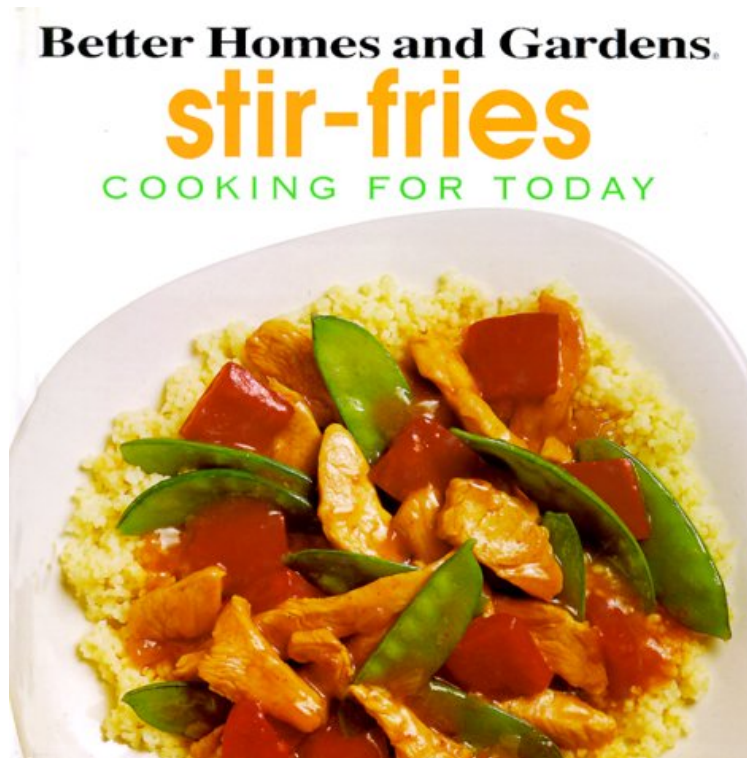


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## Better Homes and Gardens Cooking for Today: Stir-Fries

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**Better Homes and Gardens Books : Better Homes and Gardens Cooking for Today: Stir-Fries** before purchasing it in order to gage whether or not it would be worth my time, and all praised Better Homes and Gardens Cooking for Today: Stir-Fries:

0 of 0 people found the following review helpful. All about ChickenBy Dee DeeVery good dinner ideas... Love this book1 of 2 people found the following review helpful. Great quick recipes, easy to follow. Buy this cookbook!By Scientist MomI love this book. It has a great variety of quick recipes and we never tire of finding new things. The recipes are easy to modify (sub whatever veggies you have/like, for example) and are all very quick and easy to make. There are sections on beef, lamb, pork, chicken, turkey, seafood and vegetables. This is actually my second copy, I literally wore out my first!2 of 3 people found the following review helpful. Stir-fry opinionBy sobndkenJust the basics. Short recipies, simple spices ingredients; make this book probably the best for the beginner of the stir-fry. From this cookbook, many variations of sauces ingreints evolve.

From classic oriental to contemporary stir-fry combinations, this collection focuses on reliable recipes that work. Packed with helpful hints, including how to find specialty ingredients, this book appeals to both experienced and novice cooks. The reliable, kitchen-tested recipes are paired with full-color photos that make choosing a recipe fun and easy.

From the Publisher System Requirements: PC Microsoft Windows 3.1 or Windows 95 33 MHz 486DX 8 MB RAM Double-speed CD-ROM drive or Macintosh System 7.1 or later 68030 processor 8 MB RAM Double-speed CD-ROM drive

From the Back Cover More recipes--over 1,000!\*-every one tested for taste and quality. More videos--over 150! More power Features: shopping lists, personal recipe files, meal planner, and a complete guide to food and cooking. Whether you're creating an elegant feast or an everyday family dinner, you can rest easy that the meals you prepare will be wholesome, healthful fare. Every recipe includes detailed, easy-to-follow directions. You'll also get ideas for stylish presentations from the color photos that accompany most recipes. Find it fast! Use the "What's for Dinner?" feature to search for recipes based on your needs. Choose recipes by ingredients, preparation time, or nutritional criteria like fat, cholesterol, and sodium. Printing out your selections is easy, and gives you a handy copy you can take right to the kitchen counter. See how it's done Not quite sure how to flute a piecrust? Or devein a shrimp? These are just two of the 150 videos on the disk that demonstrate key cooking techniques. Don't worry about searching for the ones you need: Each recipe is automatically linked to the appropriate videos. Planning and shopping made easy As you browse recipes, you can send them to the Meal Planner and a Shopping List. Use the meal planner to easily create daily and weekly menus. You can even see how your menu stacks up nutritionally. The Shopping List feature combines identical ingredients from all recipes and prints them out in one organized list. Add your own recipes The Personal Collection is a powerful recipe editor that's easy as pie to use. Modify the recipes on the disc to your own liking, or add cherished recipes from your own collection. The Complete Guide to Food and Cooking This encyclopedic reference guide covers everything a beginning or accomplished cook needs to know. Hundreds of photos and thousands of entries ensure that you'll find the answers to all your cooking questions. \*Contains the same great recipes as Healthy Cooking Deluxe, with an enhanced "My Recipes" section.