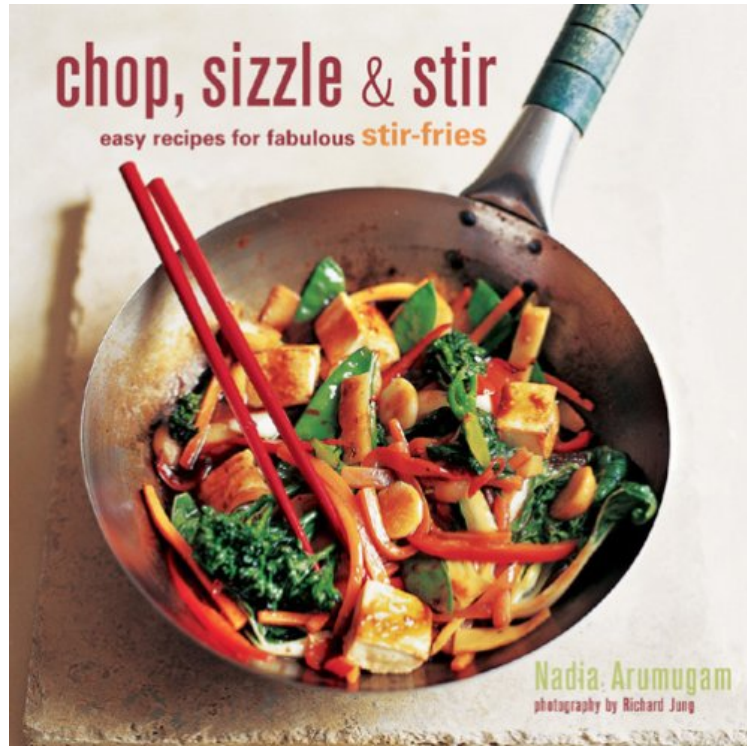


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Chop, Sizzle, Stir: Easy Recipes for Fabulous Stir-Fries

Nadia Arumugam

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Nadia Arumugam : Chop, Sizzle, Stir: Easy Recipes for Fabulous Stir-Fries before purchasing it in order to gage whether or not it would be worth my time, and all praised Chop, Sizzle, Stir: Easy Recipes for Fabulous Stir-Fries:

1 of 1 people found the following review helpful. What a Great Little Book!By Brownie212I am so glad I got this book! The recipes are super. I live in a very Asian populated area and have access to the best Asian groceries anywhere, but between better grocery suppliers and the internet (!) the ingredients should be accessible to all. Nothing here is too exotic. Also, you don't need a wok for these recipes, a good saute pan, and even non stick will do nicely. Some of the recipes really are like learning the secret ingredients to Chinese take-out, only better. Now you know what goes into that hot- pink sweet and sour chicken, only your version will be better and not deep fried! And you can adjust things like oil, salt and sugar content to ensure a healthy dinner.Grab this book, you'll be glad you did!0 of 0 people found the following review helpful. Tiny book, big taste (in the recipes)By ronnieHave this book, ordered for a friend's daughter. While her daughter was caring for her while going through chemo, the daughter (who had done very little cooking) was working hard at being creative in the kitchen. I have this book and not only are the recipes easy but they taste and look good. She loved the book and the mother called me secretly thanking me for sending the book, because eating had become not the mystery of what is this?1 of 1 people found the following review helpful. great stir fry cookbookBy star917I love this cookbook. It has great recipes for daily meals and has lots of pictures. I like the fact that the ingredients are easy to find in any grocery store. I recommend this wonderful book for family meals and entertaining.

For quick, easy, and delicious meals, "Chop, Sizzle, Stir" is packed full of stir-fries to pop up your wok repertoire. Noodles Rice provide maximum satisfaction with minimum fuss. Chicken pad thai is always a favorite and Wok-tossed Jasmine Rice with Crabmeat Asparagus needs few ingredients besides a few store cupboard staples. For Vegetables with gusto, Eggplant with Coconut, Lemon grass, and Cilantro is as quick as a stir-fry but with all the satisfaction of a stew. Meat and Poultry stir-fries like Beef with Butternut Squash will please even the biggest appetite, while Zingy Lemon Chicken with Toasted Sesame Seeds tastes so much better than anything you could take out. Some of the Freshest tasting stir-fries are those made with Fish Seafood. Warm Shrimp, Mango, and Lychee produces mouthwatering results. To complete your meal, there are plenty of Side dishes to choose from--from Classic Egg Fried Rice to Egg Noodles with Sweet Chile and Lime. *35 fresh, fast stir-fries to give your wok a new lease of life.

*Mouthwatering photography by Richard Jung.

About the Author Richard Jung is also known for his photography in "Brownies", "Cooking with Lemons Limes", "Chocolate"; Fiona Beckett's Cheese Course. Nadia Arumugam was born in Malaysia and grew up in London. She trained as a chef, then worked for renowned chef Anton Mosimann. since then, she has worked as a recipe writer and food stylist, contributing to magazines such as Red and Easy Living. Most recently she was Food Editor of Fresh magazine.