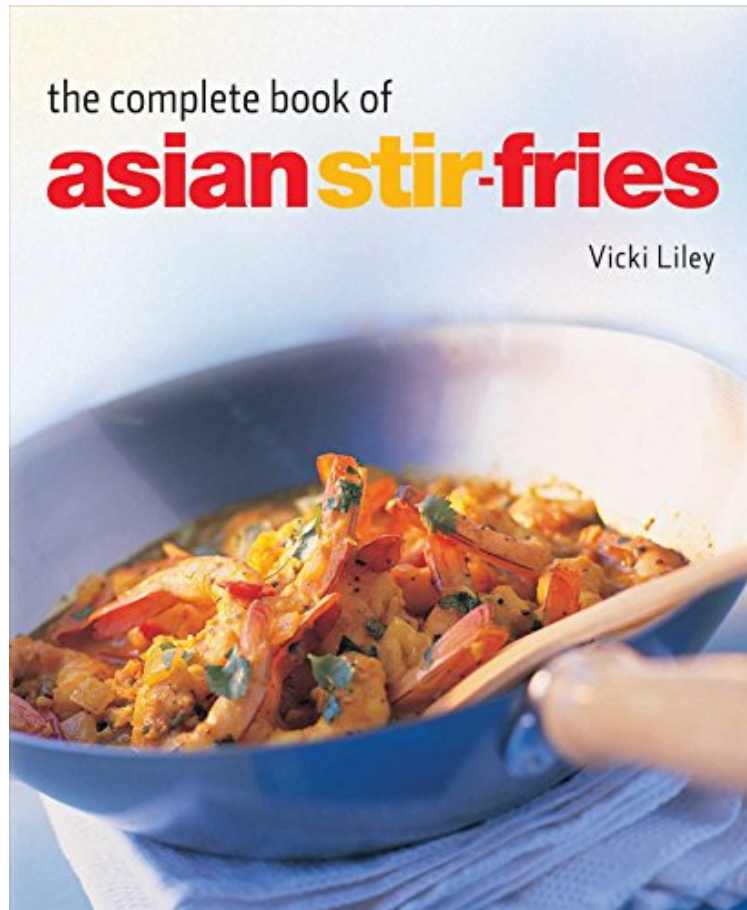


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## Complete Book of Asian Stir-Fries: [Asian Cookbook, Techniques, 100 Recipes]

Vicki Liley

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Cook quick, easy, and satisfying meals with this stir fry cookbook for the home chef. Fresh and tasty, stir-fries are one

of the healthiest ways to prepare food because they are low in fat and high in essential vitamins and minerals. The versatile nature of stir-frying makes it a popular and convenient cooking method for both the experienced chef and home cooks. The Complete Book of Asian Stir-Fries is the definitive collection of traditional, contemporary and innovative recipes for lovers of this healthy, delicious method of wok cooking. Stir fry cooking is quick and easy and delivers tasty meals with little effort in next to no time. Using fresh, seasonal vegetables and tender meats or simply making the most of leftovers, stir-fries provide healthy and delicious meals the whole family can enjoy. The variety of meals that can be prepared is endless. Favorite stir fry recipes include: Cilantro and Lime Fish Cakes Shrimp and Lemongrass Sticks Chicken Chow Mein Red Curry with Roasted Duck Beef with Bambook Shoots Ginger Pork Crab in Black Bean Sauce Lobster Salad Black-Eyed Pea and Sugar Snaps Stir-Fry The Complete Book of Asian Stir-Fries provides the definitive guide to traditional and contemporary stir-fry recipes. With beautiful, colorful photographs, this wok cookbook will show you how to prepare, step-by-step, the ultimate satisfying stir-fry in your own home.

About the Author Vicki Liley is known for her innovative and versatile recipes. A recipe writer and food stylist, she has worked for Australia's leading food magazines and is the author of a number of cookbooks. Vicki lives in Sydney, Australia and travels extensively in Asia.