

(Get free) Slim Wok Cookery

Slim Wok Cookery

Carlton Cole

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#4094721 in Books 1987-01-01 1987-01-01 Original language: English PDF # 2 10.82 x .33 x 8.52l, #File Name: 0895864126160 pages | File size: 70.Mb

Carlton Cole : Slim Wok Cookery before purchasing it in order to gage whether or not it would be worth my time, and all praised Slim Wok Cookery:

6 of 6 people found the following review helpful. A Bible for Healthy Eaters By lindaswift@mediaone.net My husband and I acquired this cookbook over a decade ago and it has become our basic cooking bible. All the recipes are easy, quick, very creative, and in some cases combine different cooking styles to produce surprisingly pleasing results. The recipes highlight lean meats and fresh vegetables, accentuated with delightful sauces and seasonings. Dyer's knowledge of different world cuisine and seasoning is extensive. The only criticism at all is that garlic lovers will want to double or triple the amount called for. Our book is falling into shreds. We will gladly buy a nicely bound copy from anyone who has one to offer.

Slim Wok Cookery

From Publishers Weekly Not only is the wok a perfect pot for stir-frying, it also can be used to steam, poach, deep-fry and braise and, when seasoned correctly, becomes a highly efficient non-stick cooking surface. With such versatility in mind, Dyer, author of some 40 cookbooks, has come up with more than 150 low-calorie recipes that can each be made in one pot. Besides the usual stir-fries and Oriental-inspired dishes, there's a wide variety of other cuisines and cooking styles represented: steamed vegetables with tapenade dip; Caribbean chicken with shrimp and ham; and tabbouleh-

stuffed tomatoes. Desserts are not neglected, with such offerings as baked apples with honey-cheese sauce and pumpkin-meringue souffle. Calorie counts are given for all recipes, and such techniques as seasoning a wok and slicing ingredients for stir-frying are thoroughly discussed. These recipes can also be made in conventional pots and pans. Copyright 1986 Reed Business Information, Inc.