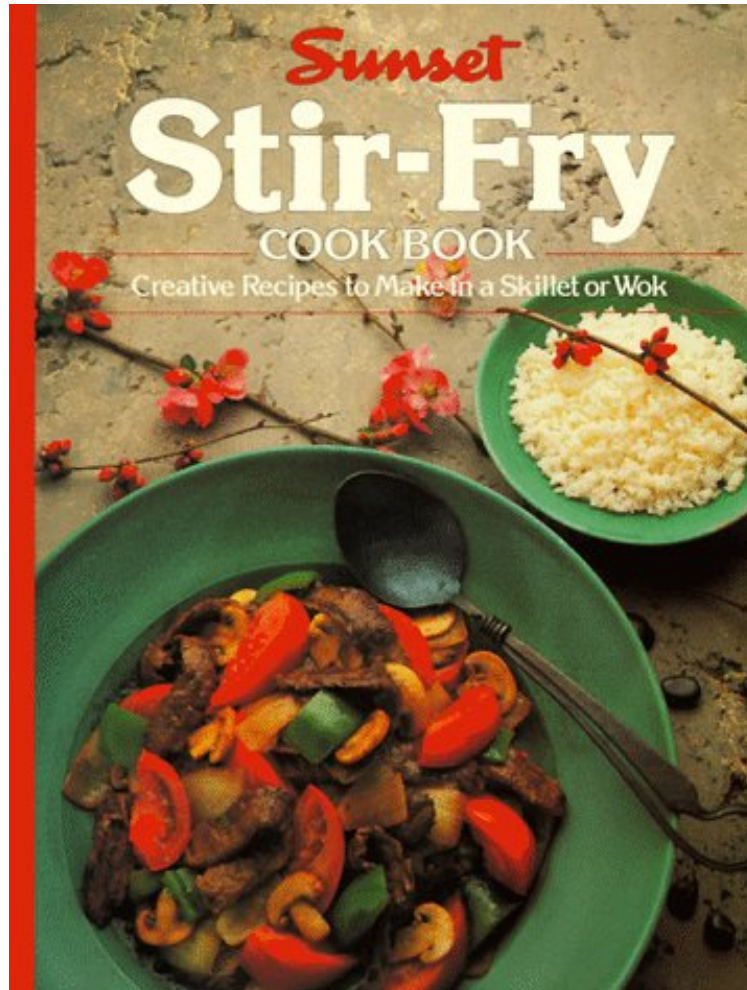


Stir-Fry Cook Book

Sunset Books

ebooks | Download PDF | *ePub | DOC | audiobook



DOWNLOAD



READ ONLINE

#1163491 in Books 1988-10Original language:EnglishPDF # 1 .25 x 8.27 x 10.73l, #File Name: 037602713496 pages | File size: 42.Mb

Sunset Books : Stir-Fry Cook Book before purchasing it in order to gage whether or not it would be worth my time, and all praised Stir-Fry Cook Book:

0 of 0 people found the following review helpful. Nice Stir Fry BookBy DiggerroseI love to stir-fry, and this book gives me more ideas.0 of 5 people found the following review helpful. Book was water damagedBy Damon W. BryantBoo was water damaged and mostly useless. I did get the one recipe I needed out of the book so it was not a complete loss.0 of 0 people found the following review helpful. one will be disappointed. It is not unreasonable for a person purchasing ...By Jay P. VansantenI have mixed feelings about this book, which corresponds to my own increasing skill in stir-fry cooking.This is the first cookbook which I purchased, as I tried to develop a more healthy style of eating. It provided an approachable method to learn the technique of stir-fry cooking. For that, I'd give it 4 stars.However, do note that the book uses the stir-fry technique to present a variety of recipes -- traditional Chinese,

Chinese-American, Asian, and even European recipes. Here, you'll find Tequila-Lime Ice with Shrimp, Crunchy Indian Snack, Steak Paprikash and others. This can be enlightening, using the technique outside of traditionally Chinese cuisine. However, if one wants to gain an appreciation of Chinese cuisine, its cultural background, and more subtle renderings of the technique, one will be disappointed. It is not unreasonable for a person purchasing the cookbook. To be clear, the focus is on the technique, not on the cuisine. Hence, I rate 2 stars for this. What this book does is reduce the stir-fry technique to a series of steps repeated for each recipe. So, reading the introductory chapter is absolutely essential to understand the much briefer descriptions provided for each recipe. In the introduction, there is valuable information, particularly for the steaming of vegetables. But, in each recipe, that information is reduced to "stir fry vegetables." I found the recipes typically flavorful and generally accurate. I think the book could have used one more editing review to catch a few of the remaining issues. I've added steps to some recipes -- such as reserving vegetables rather than adding meat to them. Because the technique is reduced to specific steps, there is often less information than would be helpful about the state of the cooking which prompts the next step. In particular, doneness of meats at particular steps is something that you'll need to experiment with to get the desired end result. The step of stir-frying aromatics prior to introducing meat doesn't work as described, IMHO. Aromatics tend to burn if the oil is heated to the level necessary to sear the meat. A couple other approaches suggest themselves: 1) heating oil to medium, adding aromatics, stir fry 30 seconds, remove aromatics, heat oil to high, introduce meat; or cooking meat first then adding aromatics. In the introduction, insufficient attention is given, for an introductory book, to the type of stove one has. Obviously, a gas stove best suits a traditional rounded bottom wok, and works very well. An electric stove simply does not transfer heat as effectively or efficiently to the rounded wok surface -- which greatly extends cooking time and renders cooking meat less than optimal. A flat-bottomed wok or a sauteuse/large skillet work well on electric (though this still will respond a bit differently than gas). The significance of this should be underscored as neglecting it can render the book much less than helpful for the beginner. With those caveats in mind, I do think the book is a useful introduction to stir-fry cooking. There is no cumulative knowledge to be gained by going through the book from front to back. So, after reading the intro, all recipes are basically accessible to the aspiring cook. Feel free to tackle whatever sounds tasty!

LINDA J. SELDEN 1989