

(Mobile ebook) Stir-Fry Cookbook (Cooking Light)

Stir-Fry Cookbook (Cooking Light)

Susan M. McIntosh

*ebooks | Download PDF | *ePub | DOC | audiobook*



#3036406 in Books Oxmoor House 2002-07Original language:EnglishPDF # 1 .39 x 8.12 x 9.96l, 1.00 #File Name: 084872707X144 pages | File size: 66.Mb

Susan M. McIntosh : Stir-Fry Cookbook (Cooking Light) before purchasing it in order to gage whether or not it would be worth my time, and all praised Stir-Fry Cookbook (Cooking Light):

26 of 26 people found the following review helpful. Amazing collection of successful recipesBy D. KaspersenSo far we have tried 15 of the 150 recipes and they have all been good. We rate dishes on a 1 to 10 scale, and all in this cookbook have been 7 or higher. It is taking us a while to get through the recipes because we are repeating so many of the 8's and 9's! Also, all of the recipes include the calorie and carb counts, which is very helpful.0 of 1 people found the following review helpful. Not a Keeper for this CookBy M. CannonI love Cooking Light Books but this one just didn't grab me at all. All the pictures look alike for the most part. (It is all Stir-Fry after all) So it was like page after page of the same thing with a twist.28 of 28 people found the following review helpful. YUM!By A CustomerI bought this book because I've been trying to avoid Chinese take-out! I love Chinese food, but take-out can be so greasy. By making my own, I can control the oil and sodium in each dish.An avid collector of Cooking Light books, I had to pick this up! More than 100 recipes; lots of fish, poultry, and beef selections; lots of variety. Got it yesterday; made the beef with spinach and ginger sauce for dinner that night. Got good reviews from my testers!Also, I was pleasantly surprised to see that the book covers more than Asian stir fry. Cuisines covered include Mexican and Italian, with fajitas and other quick cooking, high-heat dishes.Enjoy!

Book by McIntosh, Susan M.