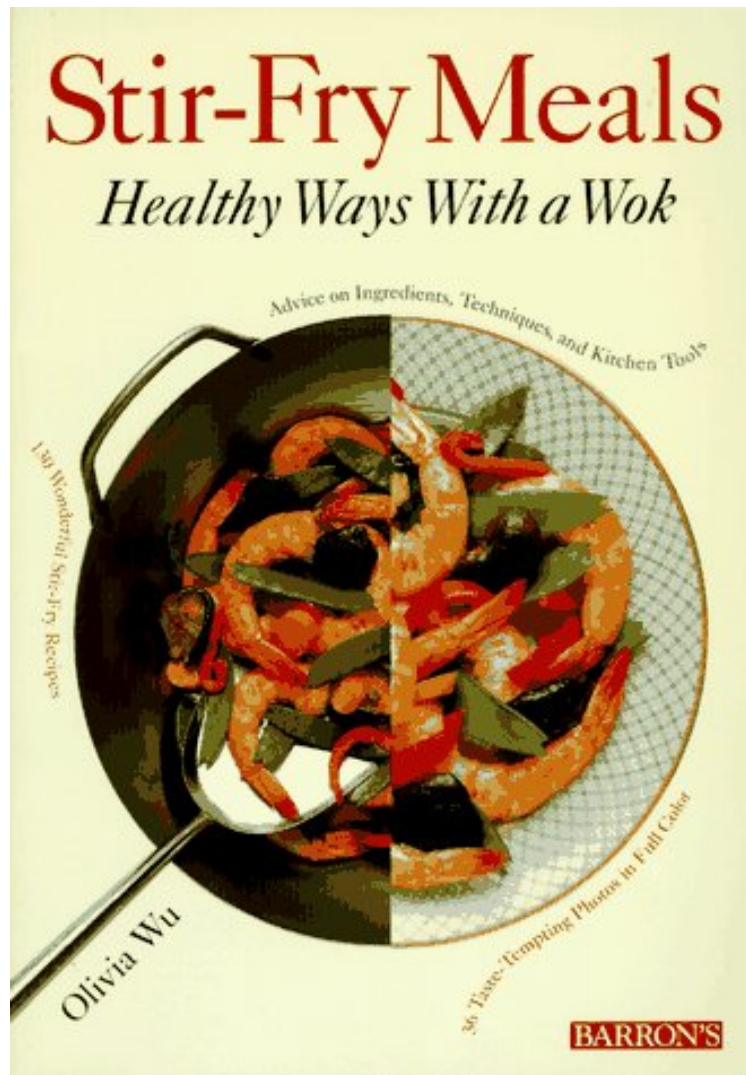


## Stir-Fry Meals: Healthy Ways With a Wok

Olivia Wu

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Originally titled Grand Wok Cookbook, this newly updated and augmented guide to healthful and appetizing wok cooking starts with the fundamentals, then presents 130 taste-tempting recipes. Also included are suggestions for stir-fry menus, fix-ahead, quick cooking, light menus, formal menus, and finger foods for cocktail parties. 38 color plates.