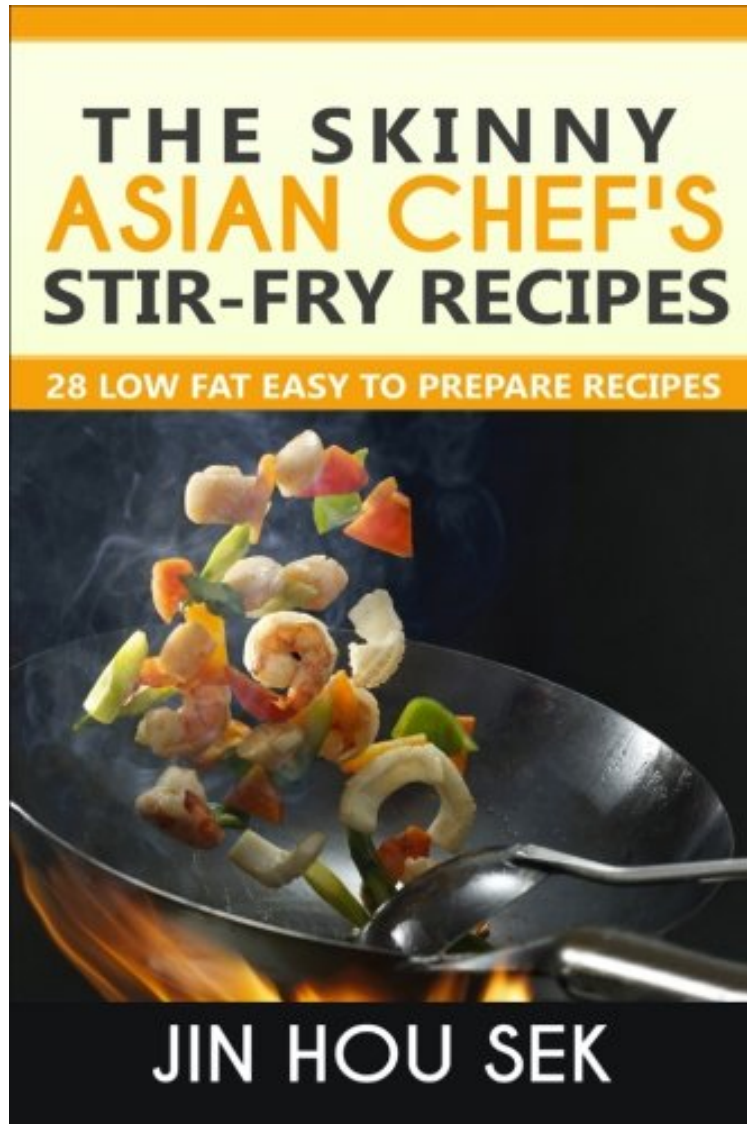


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first pages of this book, Stir-Frying can help you lose weight!! This technique is so common in Asia and it requires just a little bit of oil and some asian species as ginger, garlic, soy sauce and Chinese rice wine or vinegar. I really enjoy how the author explains how this can help you to loss weight and the easy recipes that he explains. So if you are interested or if you love like me asian food, this is the ideal book for you, I learn a lot and I really enjoy reading and trying the recipes in this book. Totally recommended.0 of 0 people found the following review helpful. Easy and FunBy SunnyThe recipes are easy to understand. I have tried 3 of them and my family actually enjoyed the meal0 of 1 people found the following review helpful. Five StarsBy Jay D BerrymanDownloaded it, need to read it

How can Stir-Frying help you lose weight ? The word "fry" may have earned a negative reputation in the health and fitness department, but that is only because it is associated with the use of a lot of oil. Stir-frying, on the other hand, is an entirely different story. But first, let us define what it is. Stir-frying is a technique, which is common in Asia and is used to cook vegetables, soy-based products such as tofu, and meat that are cut into really small pieces quickly. It only requires the use of a little oil, if none at all, but if you want to cook stir-fried dishes, you do need to use a lot of common Asian spices and seasonings such as ginger, garlic, soy sauce, and Chinese rice wine or vinegar. The wok, which is a bowl-shaped pan, and the spatula are the most quintessential stir-frying tools used, but you can also use a deep skillet. Other highly important kitchen tools you will need are a sharp knife, a colander, and, occasionally, a pot where you'll cool noodles and rice. Here Is A Preview Of What You'll Find Inside... 8 Popular Asian Style Stir-Fried Vegetable Recipes 8 Different Varieties Of Stir-Fried Rice and Noodles Recipes 6 Singapore Style Seafood Recipes 6 Stir-Fried Poultry And Meat Recipes And Much, much more!

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