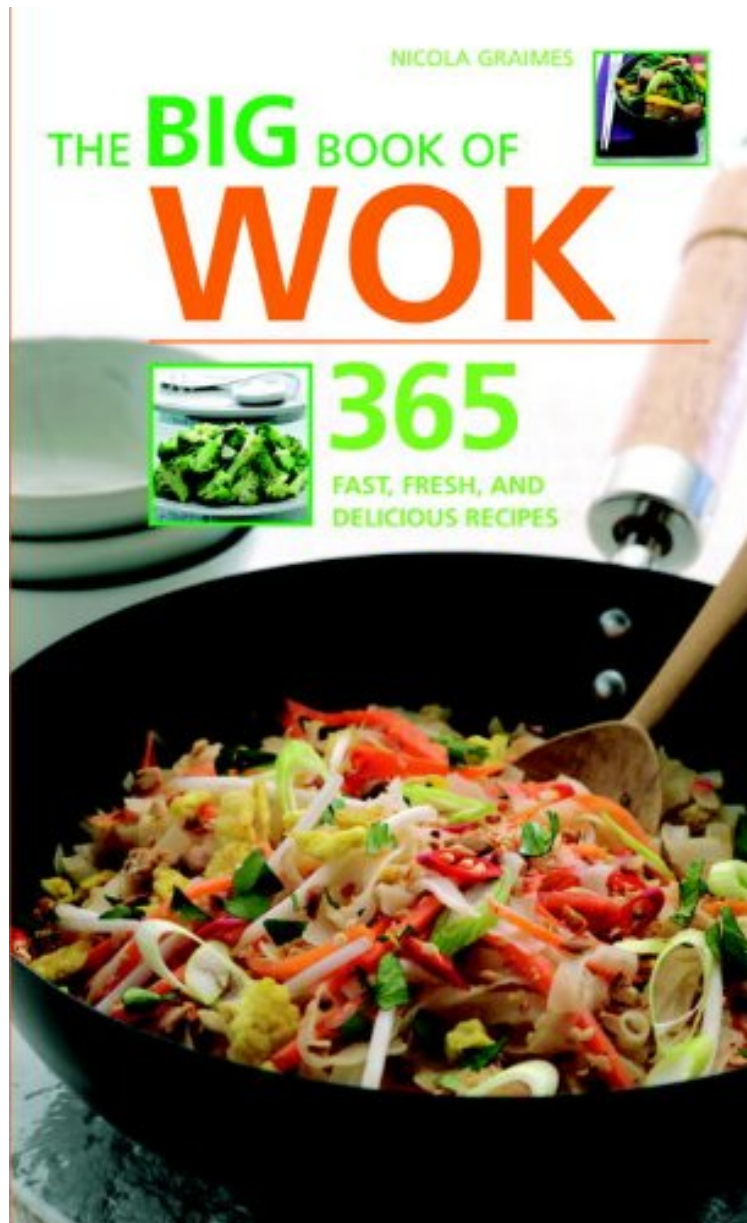


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## The Big Book of Wok: 365 Fast, Fresh and Delicious Recipes

*Nicola Graimes*

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**Nicola Graimes : The Big Book of Wok: 365 Fast, Fresh and Delicious Recipes** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Big Book of Wok: 365 Fast, Fresh and Delicious Recipes:

1 of 1 people found the following review helpful. Not for off the shelf cooking.By LoraI don't care for recipes that

require a lot of specialty shopping. This cookbook requires an Oriental supply store close by or a well stocked department of your local grocery store. It has many different varieties of Asian recipes, from Vietnamese, to Korean, to Japanese. And recipes for every meal course? The book itself is beautiful and concise, and I love that it is spiral bound, but I would not repurchase, and I would only recommend it to the cook who insists on traditional Asian ingredients only. 11 of 11 people found the following review helpful. Almost overwhelming  
By I. B. Koran  
This cookbook contains a superb collection of Asian recipes. There are many easy recipes from China, Vietnam, Thailand, India and other countries. While the recipes are relatively simple, you will probably need access to an Asian food store locally or by mail. There are recipes here for almost anyone from strict carnivores to vegetarians. So far the only problem I've encountered is choosing from the overwhelming number of great looking selections. In addition the spiral binding and format earn high marks. 33 of 33 people found the following review helpful. Wok 101  
By et2jack  
Very easy to understand and a variety of recipes. I bought one for one son and this one is for the other. If you want to make your Wok cooking successful, start with this book and you won't be disappointed. Binding makes it perfect for laying on the countertop (pages stay open) and easy to read your favorites, or maybe a "new" one to try. Lots of them to choose from.

The wok is easily the most versatile cooking vessel ever invented. Its one-pan approach saves time and trouble—and makes clean-up simpler, too. But what gives woks their worldwide popularity is the unbeatable food they produce—as these 365 luscious dishes so richly prove. Wok-steamed fish delivers more taste, and wok-fried vegetables preserve more of their nutritional value than other methods. Better still, each of these tempting curries, stir-fries, and soups can be prepared in minutes. The lavishly illustrated recipes include green vegetable curry and spiced noodles, mussels in tomato broth, Hoisin duck with pancakes, and sesame and tahini spinach, and represent a range of great cuisines from Chinese and Indian to Thai, Vietnamese, and Japanese.

About the Author  
Nicola Graimes is an experienced health, cookery and food writer. She is the author of over 20 books and winner of the Best Vegetarian Cookbook in the UK in the World Gourmand Awards 2002, and Best Family Cookbook in the UK in the World Gourmand Awards 2004 as well as a finalist in Le Cordon Bleu World Media Awards in 2007.