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Recipes Although these recipes in this cookbook are different they share some things in common that is they re family friendly nutritious and easily prepared even by beginners Home cooking is an opportunity to achieve a healthy balance of nutrients in your meals including carbs fat protein vitamins and minerals based on your family s nutritional needs No complicated cooking techniques here only simple wok recipes for your family who don t like to compromise the quality and nutritional value of their meals Not to mention that they all taste great I believe making healthy meals for the family is one of the ways to show how much you love them The recipes here will delight the whole family the crowd even the picky eaters You also see more different types of everyday recipes such as Eating on a Budget One Pot Meals Slow Cooker Spiralizer Wok Purchase the Print Edition RECEIVE a digital copy FREE via Kindle MatchBook I really hope that each book in the series will be always your best friend in your little kitchen Let s live happily and cook yourself every day Enjoy the book Tags wok recipe cookbook wok outdoor cooking best wok cookbook cast iron wok cookbook chinese wok cookbook chinese wok cooking thai wok cookbook vegetarian wok cookbook best cooking wok healthy wok cookbook vegan wok recipes japanese cooking wok gluten free wok cookbook wok cookbook for beginners easy wok recipes wok stir fry cookbook wok cooking for beginners

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wok cooking wok recipes cookbook wok recipe book **Wok Cookbook - 25 Surprising Recipes of Wok Cooking for Beginners** Ted Alling,2020-03-23 In China wok cooking has been part of life for more than 2000 years and some say even much longer Today this cooking method is everywhere and is rapidly growing The cooking is fast healthy and dietetics The wok with its half spherical shape can heat food uniformly and requires little fat Also the food cooked in the wok except if they are fried and are low in calories and cholesterol In addition fried foods over an intense heat source as it is the case with the wok better retains the colors the flavors and nutritional qualities Finally a wok is easy to maintain if it is made of steel wipe use paper towels to clean if made of cast iron or with a non stick coating then simply rinse with warm water Really it is a perfect and irreplaceable utensil for our busy everyday life where you don t really want to spend hours in the kitchen but still want to enjoy some tasty and healthy food What is better than to discover this perfect Wok Cookbook with some fantastic recipes for you to make After you will be able to create your own recipes and realize how easy and fast everything is and of course everyone else will be delighted of this new revolution in your kitchen *The Wok Cookbook* Gina Steer,2004-01-03 Wok cooking is simple fast and fun The Wok Cookbook showcases the versatility of this cooking method and the range of dishes it can produce From Asian dishes to East West fusion dishes this book includes 100 recipes that are perfectly suited to cooks who want fast healthy and flavourful food The guide to ingredients accessories and maintaining your wok helps even beginners to create amazing dishes in no time at all **Wok Cookbook for Beginners** Claire Daniels,2014-12-27 Wok Cookbook for Beginners 2nd Edition The Top Easy and Quick Recipes for Wok Cooking For Beginners Usually the wok is used for stir frying Therefore you need to learn how to stir fry Aside from being delicious what is it with stir frying that you would want to learn how to do it First and foremost stir fried meals are delicious Aside from that the resulting meals can be prepared fast The meals are also really healthy and seasoned Stir frying with the use of a wok leads to the creation of meals that can lead to the creation of beautiful works of art in the form of good food This method is best suited for making meals for one or two people But if you will choose to cook meals for many people this can be used too Many people see the wok as an unattractive ornament in the kitchen This notion is common among people who are not aware of the kinds of dishes that can be made from it But many people are attracted instantly to have one once they tasted the dishes for themselves Woks are essential for cooking authentic tasting dishes Here are some tips that are worth remembering It is worth purchasing your very own carbon steel wok instead of deep saut pan Aside from being very affordable they are very versatile as well Woks made up of carbon steel will have to undergo seasoning The process of seasoning is not really difficult This process can help your wok become better looking It can also make your nonstick The steps in the subsequent chapter may appear to be intimidating But with consistent practice you will find out that cooking in a wok is fun and fulfilling Learn the recipes that follow by heart and be proud of the meals that you are about to produce Here Is A Preview Of What You ll Learn General Wok Cooking Tips Easy Wok Recipes Cleaning your Wok More Recipes Much much more Purchase your copy today *The*

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