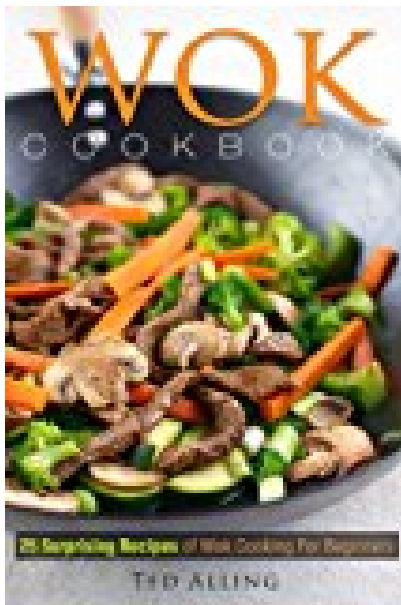


# Wok Cookbook - 25 Surprising Recipes of Wok Cooking for Beginners Healthy Fast Wok Cooking Made Easy for You

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## BOOK DETAILS

- Author : Ted Alling
- Pages : 72 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1539093530

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## **BOOK SYNOPSIS**

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 dont 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.

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