



Wok Cook

J. Kenji López-Alt



Wok Cook:

The Grace Young, Alan Richardson, 2004-09-02 A guide to cooking with a wok offers a collection of wok recipes food preparation tips and anecdotes about the author's culinary experiences in the international kitchens of famous chefs teachers and celebrities

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 J. Kenji López-Alt, 2022-03-08 1 New York Times Bestseller 1 Washington Post Bestseller Winner of the 2023 James Beard Award for Single Subject Cookbooks One of Time's 10 Most Anticipated Cookbooks of 2022 One of NPR's Books We Love in 2022 A Bon App tit Tasting Table Vice Here Now Publishers Weekly and Inside Hook Best Cookbook of 2022 From J Kenji López Alt the author of the best selling cookbook The Food Lab the definitive guide to the science and technique of cooking in a wok J Kenji López Alt's debut cookbook The Food Lab revolutionized home cooking selling more than half a million copies with its science based approach to everyday foods And for fast fresh cooking for his family there's one pan López Alt reaches for more than any other the wok Whether stir frying deep frying steaming simmering or braising the wok is the most versatile pan in the kitchen Once you master the basics the mechanics of a stir fry and how to get smoky wok hei at home you're ready to cook home style and restaurant style dishes from across Asia and the United States including Kung Pao Chicken Pad Thai and San Francisco Style Garlic Noodles López Alt also breaks down the science behind beloved Beef Chow Fun fried rice dumplings tempura vegetables or seafood and dashi simmered dishes Featuring more than 200 recipes including simple no cook sides explanations of knife skills and how to stock a pantry and more than 1 000 color photographs The Wok provides endless ideas for brightening up dinner

Wok Cooking Laney Zhi-Michaels, 2014-12-04 If you want learn what's so special about a Wok and then jump right in to the culinary art of Wok Cooking then this book is for you Watching a wok in action is not just entertaining but a feast for all of our senses While western cooking has its own wide range of gastronomic paraphernalia and techniques China and its 5 000 year old culture offers an amazing array of dishes to tempt any food lover's palette These dishes are dare I say unparalleled

in their flavor and versatility Whether you re looking for an amazing deep sauce or a mouth watering summer stir fry that only takes half an hour from start to finish the use of a wok is only limited by your imagination This book is geared towards helping you choose season and cook better with your wok coupled with mouth watering recipes from China and other cultures throughout the world as well Roll up your sleeves and have a go at these delectable delicacies using that tried and tested favorite of almost a quarter of the world s population the wok

The Art of Wok Cooking from West Bend West Bend Co Staff,1984

Wok Cook Book Sunset Books,1989 Sample 136 carefully selected recipes from around the world in this great cook book

The Essential Wok Cookbook Zoë Harpham,2004 Offering handy tips and advice to help you get the most out of your wok this title features double page spreads on particular ingredients and recipes

Wok Cooking Made Easy Nongkran Daks,2012-02-28 Prepare delicious wok dishes from China Thailand India and all across Asia with this easy to follow wok cookbook Mention wok cooking and one immediately visualizes a huge wok being wielded above a mighty flame One also thinks Asian comfort food with accompanying images of wholesome and thoughtfully prepared meals eaten together with family members in the comfort of the home Wok stir frying is one of the best and quickest cooking methods out there Because of the intense heat required the food is cooked rapidly and its taste and nutritional value are preserved Plus it s single dish cooking at it s finest In *Wok Cooking Made Easy* you ll find nutritious and easy to prepare Asian wok recipes compiled for a Western audience Favorite wok recipes include Spinach with Garlic stir fry Hot and Spicy Sichuan Tofu Sliced Fish with Mushrooms and Ginger Classic Sichuan Chicken with Dried Chilies Thai Fried Rice Five Spice Chicken All of the recipes in this cookbook are light healthy and tasty nor do they require special skills to prepare May this cookbook bring endless cooking pleasure as you venture into the world of Asian cuisine

The Complete Wok Cook Book Sunset Books,1988 Through Sunsets book *The Complete Wok Cook Book* you will be able to Replace your frying pan deep fryer and steamer with a versatile easy to use wok Brighten mealtime with exotic cuisine from China Vietnam Sri Lanka and America s Southwest region step by step photographs illustrate how to stir fry deep fry and steam in a wok

Wok Cooking Made Easy Nongkran Daks,2007-06-15 Prepare delicious wok dishes from China Thailand India and all across Asia with this easy to follow wok cookbook Mention wok cooking and one immediately visualizes a huge wok flying above a mighty flame One also thinks Asian comfort food with accompanying images of wholesome and thoughtfully prepared meals eaten together with family members in the comfort of the home Wok stir frying is one of the best and quickest cooking methods out there Because of the intense heat required the food is cooked rapidly and its taste and nutritional value are preserved Plus it s single dish cooking at it s finest In *Wok Cooking Made Easy* you ll find nutritious and easy to prepare Asian wok recipes compiled for a Western audience Favorite wok recipes include Spinach with Garlic stir fry Hot and Spicy Sichuan Tofu Sliced Fish with Mushrooms and Ginger Classic Sichuan Chicken with Dried Chilies Thai Fried Rice Five Spice Chicken All of the recipes in this cookbook are light healthy and tasty nor do they require specialized skills to prepare May this cookbook bring endless cooking pleasure

as you venture into the world of Asian cuisine **Sunset Wok Cook Book** Judith A. Gaulke,1978 *Wok Cooking* Bridget Jones,1995-03 Presents a wide variety of delicious recipes demonstrating the enormous range of dishes that can be produced in this way Recipes include appetizers main courses and complete meals in one pan Full color throughout **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 Well-seasoned Wok** Martin Yan,1993 Beautiful healthy and tasty dishes are described in detail with precise instructions Yan also describes and distinguishes the basic methods of cookery stiry frying braising steaming blanching roasting red cooking and deep frying the basic utensils essential to a wok cookery and vital information on the oft exotic ingredients with tiops on how to buy prepare and store them Jacket **New Cook Book** Jennifer Darling,2003-09 Features more than one thousand kitchen tested recipes menu suggestions nutrition facts recipes for crockery cookers and cooking tips [New Cook Book](#) Better Homes and Gardens,2004 12th Edition 75th Anniversary of America s 1 Cookbook since 1930 [Better Homes and Gardens New Cook Book](#) Better Homes and Gardens,2006 Completely revised and updated with a fresh new design More than 1 400 recipes tested and perfected in the Better Homes and Gardens Test Kitchen including 400 quick and easy ones All new 20 Minute chapter which includes more than 45 fast meal solutions More recipes on your favorite topics Cookies Desserts Grilling and Slow Cooker Plus the Grilling chapter now features recipes for the turkey fryer and more recipes for the smoke cooker At a glance icons identify Easy Fast Low Fat Fat Free Whole Grain Vegetarian and Favorite recipes Simple menu ideas featured in every main dish chapter

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Wok Cooking Rosemary Wadey, 1995

The Woks of Life Bill Leung, Kaitlin Leung, Judy Leung, Sarah Leung, 2022-11-01 JAMES BEARD AWARD NOMINEE NEW YORK TIMES AND USA TODAY BESTSELLER IACP AWARD FINALIST PUBLISHERS WEEKLY STARRED REVIEW The Woks of Life did something miraculous It reconnected me to my love of Chinese food and showed me how simple it is to make my favorite dishes myself KEVIN KWAN author of Crazy Rich Asians The family behind the acclaimed blog The Woks of Life shares 100 of their favorite home cooked and restaurant style Chinese recipes in a very special book J Kenji Lopez Alt author of The Food Lab and The Wok ONE OF THE TEN BEST COOKBOOKS OF THE YEAR San Francisco Chronicle Simply Recipes ONE OF THE BEST COOKBOOKS OF THE YEAR The New York Times Food Wine NPR Smithsonian Magazine Delish Epicurious This is the story of a family as told through food Judy the mom speaks to traditional Chinese dishes and cultural backstory Bill the dad worked in his family's Chinese restaurants and will walk you through how to make a glorious Cantonese Roast Duck Daughters Sarah and Kaitlin have your vegetable forward and one dish recipes covered put them all together and you have the first cookbook from the funny and poignant family behind the popular blog The Woks of Life In addition to recipes for Mini Char Siu Bao Spicy Beef Biang Biang Noodles Cantonese Pork Belly Fried Rice and Salt and Pepper Fried Oyster Mushrooms there are also helpful tips and tricks throughout including an elaborate rundown of the Chinese pantry explanations of essential tools including the all important wok and insight on game changing Chinese cooking secrets like how to velvet meat to make it extra tender and juicy Whether you're new to Chinese cooking or if your pantry is always stocked with bean paste and chili oil you'll find lots of inspiration and trustworthy recipes that will become a part of your family story too

Wok Cooking Judith Ferguson, 1995-12 This book introduces wok cooking including stir frying deep frying steaming boiling and braising a wide variety of food

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