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Stir Crazy: 100 deliciously healthy stir-fry recipes (Hardback)

By Ching-He Huang

Kyle Books, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. Stir-frying is one of the quickest and easiest ways to cook - and one of the healthiest, using little oil and retaining more nutrients than many other methods. It also requires very little equipment - all you need a wok, a knife and a chopping board. Learning what separates a good stir-fry from a great one, however, is not always so easy to master. Indeed, it is all about timing, knowing when to add what and how to get the best out of each ingredient. With tips on everything from controlling the heat to using the right oil, bestselling author Ching-He Huang has gathered together a collection of delicious dishes, simple enough for every day and with nutrition, taste and affordability in mind. Many are gluten and dairy free, as well as suitable for vegans and vegetarians, and include both Asian and Western ingredients readily available in any supermarket. So whether or not you eat meat, love carbs or prefer to avoid them, want something special or find yourself having to feed your family, Stir Crazy will do the trick.



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Reviews

This publication is wonderful. It normally is not going to expense too much. Its been printed in an extremely straightforward way in fact it is merely following i finished reading this publication where actually transformed me, modify the way i really believe.

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This book is very gripping and exciting. I was able to comprehended everything out of this written e publication. You will not truly feel monotony at at any time of your respective time (that's what catalogs are for concerning should you question me).

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