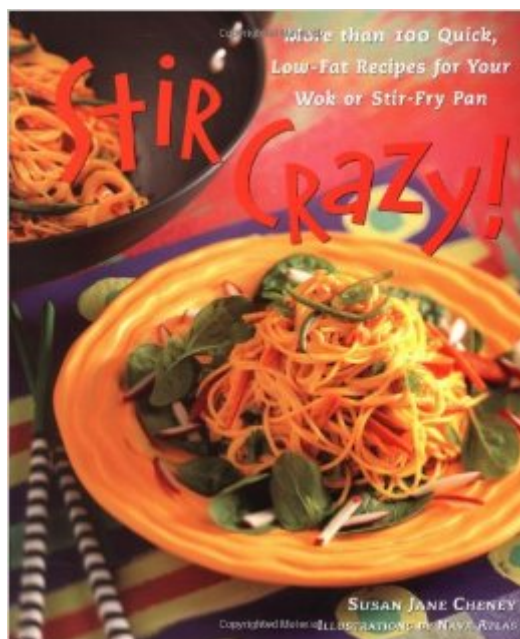


The book was found

Stir Crazy! : More Than 100 Quick, Low-Fat Recipes For Your Wok Or Stir-Fry Pan



Synopsis

From Moroccan lentil tangine to mushroom-stuffed streamed buns, Stir Crazy! shows readers how to create more than 100 memorable, meatless meals in minutes! And not only can each recipe easily be made in a wok or stir-fry pan, but all are high in flavor and naturally low in fat--combining the irresistible flavors of fresh vegetables, fruits, herbs, and spices with staples such as grains, noodles, beans, nuts, seeds, oils, and seasonings. Stir Crazy! even includes helpful advice on selecting pans and accessories, streamlining cooking methods, and more.

Book Information

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Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #1,200,225 in Books (See Top 100 in Books) #125 inÂ Books > Cookbooks, Food & Wine > Asian Cooking > Wok Cookery #230 inÂ Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > West #970 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

Don't let it's small size mislead you. This wonderful little book breaks new ground for creative cooks who are ready to bring their woks and stir fry pans out of retirement. Totally vegetarian, it should appeal to anyone who's seeking low-fat and healthy cooking alternatives. Susan Jane Cheney is a long-time contributor to Vegetarian Times and one of those wonderfully talented folks who've created wonders at Ithaca's famous Moosewood Restaurant. For Stir Crazy, Susan has teamed with author-illustrator Nava Atlas to create a little gem that is a joy to read and rewarding to use. She covers all the requisite wok basics, but this book excels in the delightful alternatives to stir fries -- creative vegetables, stews, curries, soups, and more. Many of these recipes are ethnically inspired and all of them are healthy and vegetarian. Moreover, all of the recipes really work! If you're looking for new ideas for your wok or stir-fry pan, if you are a vegetarian, or if you simply enjoy reading creative cookbooks, you will love this book.

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