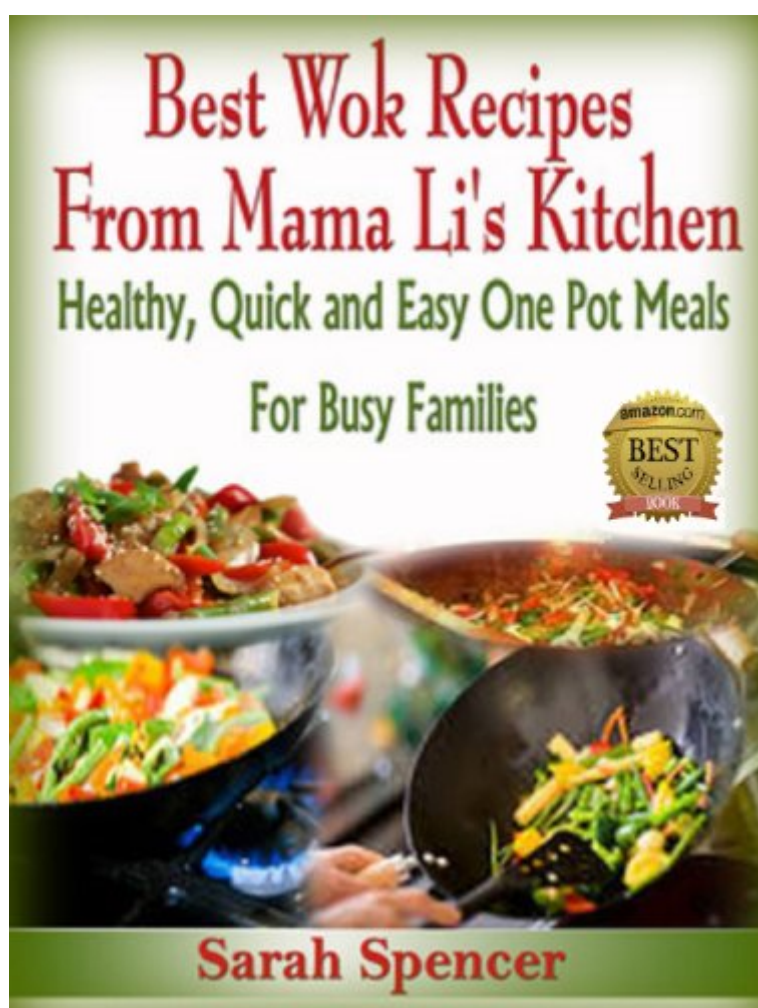


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Best Wok Recipes From Mama Li's Kitchen: Healthy, Quick And Easy One Pot Meals For Busy Families (Mama Li's Kitchen Book 1)



Synopsis

From Mama Li's Kitchen to yours Mama Li showed me everything I know about cooking with a wok. She used a wok for preparing all her meals and it has become a tradition in our family to cook like Mama Li. You will find in this book a collection of her best recipes. The flavors of Asia are dominant and so fragrant. The ingredients are fresh, healthy and wholesome. They are easy to find and if you have the opportunity of living near an Asian market, don't hesitate to visit and get some of your ingredients there, it will make it even more authentic. Most recipes can be adapted to fit any diet such as gluten-free or Paleolithic. You have to try them and see for yourself how easy and quickly you can prepare meals for your family to enjoy. Cooking with a wok is wonderful because you only need one pan and each meal is full of fresh vegetables and delicious lean ingredients for a healthy and nutritious diet. In this book, you will find everything you need to know about cooking with a Wok: How to choose a wok How to season and maintain your wok The basic Wok cooking techniques How to stock your pantry Great beef recipes Satisfying chicken recipes Succulent pork and lamb recipes Healthy and filling vegetarian recipes Not to mention delicious soups and appetizers. Bon appétit! Now, scroll up and Grab your Copy!

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Customer Reviews

I recently bought a wok, and was seeking to innovate with new recipes. This book helped me go a long way with my wok cooking. I was impressed with the details of cooking techniques, maintenance and even seasoning of wok cooked food. I love making the Steamed Halibut, the Mongolian Beef, the egg fried rice and the basic stir fry. If you have a wok and have been wondering what to do with it, get this book!

I have cooked on and off with a wok for many years. Getting through the preparation can take time but it is worth it when everything comes together. This is an interesting cookbook because it comes from past generation of cooking which I find interesting. This book starts out with an overview of Mama Li which give you a little background into the source of the recipes. The book explains the many different types of woks and give you what you should need to pick-out a wok if you don't have one. The book goes on to talk about the health benefits of cooking with a wok and how to clean and care for your wok to get many years of use out of it. Then the best part is the recipes. There are many delicious recipes in the book with both protein and Vegan options to choose from. I will be trying the Mongolian Beef this weekend. If you like wok cooking or want to try it this book is a great place to start.

Next to my cast iron I love my wok and these recipes really are the living end. Mama Li is one super cook and a great teacher as well. If you are looking for real Oriental food then this is the cookbook for you. Great food that is good for you too. Thank you and enjoy your meal and enjoy your day.

I have to admit, I love my wok! I don't have much time to prepare meals but eating healthy food is really important to me, so stir fries and other quick wok recipes are the perfect solution for me. While I already have some basics under my belt, my recipes do tend to taste a bit samey (soy-ginger-sesame), so I got this book to get some new ideas. I really appreciate the easy-to-understand recipes and the nutritional info. I made the Japanese omelettes last night and they were fantastic!

Seeing this book made me ask myself why I hadn't cooked in the wok for a while ... well, I got the

book and dusted off the wok and the first meal is going to be Mama Li's Pad Kee Mao. There are a lot of recipes that sound wonderful in this book including beef recipes, chicken recipes, pork recipes and even lamb recipes. My family loves lamb and I debating between the Lamb in Black Bean Sauce and the Curried Lamb with Apple; I'll probably just make them both. There are also very appealing seafood recipes, vegetarian recipes as well as recipes for soups and appetizers. I'm really glad I discovered this book ... it's a keeper!

well written. good recipes

This book is full of great recipes that are filling and healthy. Unlike other recipe books, the author devotes part of the book to explaining the techniques of this type of cooking, the ingredients, and other little tips.

Best Wok Recipes from Mama Li's Kitchen by author Sarah Spencer has a fair assortment of stir fry recipes. The book is well-written and the ingredients are easy to find.

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