



Ken Hom's Top 100 Stir Fry Recipes (BBC Books' Quick & Easy Cookery)

Ken Hom

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Ken Hom brings us 100 inspired recipes for stir fries which are easy-to-follow, delicious dishes designed to appeal to all palates. With 20 new recipes and 80 favourites from his collection, Ken not only covers oriental stir fries but includes non-Asian dishes as well, such as stir-fried fusilli alla carbonara. The cookbook is divided into chapters on chicken, fish and seafood, beef, pork and vegetable dishes. There are also sections on techniques for chopping and frying, how to use a wok and recommendations for oils and sauces.

Stir frying is regarded as a healthy and popular cooking method and all grocers sell ready-prepared stir-fry vegetables. As one of the world's greatest authorities on cooking with a wok, Ken shows us that the versatility and convenience of stir frying never compromises the flavour.

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Kevin Gans:

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Donald Campbell:

Playing with family in a very park, coming to see the marine world or hanging out with friends is thing that usually you may have done when you have spare time, after that why you don't try issue that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Ken Hom's Top 100 Stir Fry Recipes (BBC Books' Quick & Easy Cookery), you are able to enjoy both. It is good combination right, you still would like to miss it? What kind of hang type is it? Oh come on its mind hangout fellas. What? Still don't get it, oh come on its referred to as reading friends.

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