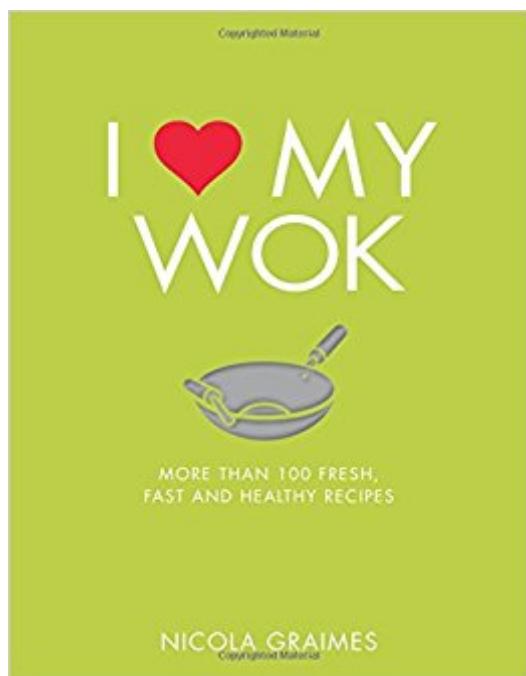


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# I Love My Wok: More Than 100 Fresh, Fast And Healthy Recipes



## Synopsis

The wok is a tremendous tool in the kitchen, but all too often it is under-used and unappreciated. With *I Love My Wok*, rediscover how you can use just one pan to make mouthwatering, fresh and healthy dishes. Featuring over 100 inspiring recipes for snacks, lunches and dinners, all of which are easy to follow and simple to make, you'll learn how to make the most of your wok. Learn all the techniques you need – be it steaming, stir-frying, deep-frying, braising, or even smoking – to recreate exciting dishes from all over the world. Spicy curries, speedy stir-fries, healthy steamed vegetable and fish dishes, delicious dim sum, and amazing Asian soups and broth can all be on the table in no time at all. This is wok cooking at its best, and this wonderful selection of delicious and nutritious meals is the perfect addition to the kitchen bookshelf.

## Book Information

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## Customer Reviews

Nicola Graimes is an award-winning cookery writer and former editor of *Vegetarian Living* magazine. She has written more than 20 books, including *The Top 100 Recipes for a Healthy Lunchbox*, *The Big Book of Wok*, *The Big Book of Low-Carb Recipes*, *Veggienomics*, *The New Vegetarian Kitchen* (that was chosen as one of OFM's Top 50 Cookbooks of the Year) and *The Part-Time Vegetarian* for Nourish.

BE AWARE: Recipes in this book are taken from *The Big Book of Wok*, published in 2006 by DBP (Duncan Baird Publishers, (UK) now a part of Watkins Media Ltd., (UK). If you have

that larger volume, (365 recipes), you won't need this one. Or maybe you want to buy a used copy of the older book. Your decision, of course, but if you don't want to search through a huge volume looking for a recipe for dinner, this *I Love My Wok* will be the way to go. Me? Buying a new cookbook with out-dated, more than a decade old, recipes is not something I would choose to ever do. There are way too many freshly-published cookbooks out there, with new ideas featuring current trends and products, for me to consider buying something rehashed. But, the recipes the publishers have chosen to replay are decent, solid choices.

Personally, I think the publisher should have been upfront about where these recipes came from....Nicola Graimes is a very prolific cookbook author. She has a knack of gathering recipes from around the world, presenting them in a format that puts a cook at ease. She has gathered her recipes into: Vegetarian, (200 recipes from 2003); Vegetarian and Wholefoods, (1600 recipes from 2010); Vegetarian for Healthy Kids, (100 recipes from 2016); Healing Foods from 2004, The Salad Bowl from 2015, The Big Bean Cookbook, (another redux coming out in October), and many more. I mention all this because some people like this kind of redundancy, this taking recipes from older books and re-compiling them under a new title; some don't. If you have not had a wok before, you will benefit from the general information at the beginning of the book. There is a nice array of appetizers and soups, but nothing surprising and they do not vary from the norm.

Appetizers include the usual filled wontons, steamed and fried; crab cakes, spring and rice paper rolls, a bun recipe (like a bao) with canned salmon. Eight soup recipes represent cuisines from several countries. I enjoyed the *Salads and Sides* chapter, because I am such a fan of veggies. But the recipes in that chapter seemed to be a step behind (several steps actually) the current trend in bowl food. Remember: These recipes are from 2006. And to say the salads are made in the wok is stretching it quite a bit: For instance, there is a soba noodle and chicken salad, where only plain chicken strips are cooked in sunflower oil in the wok, and a Vietnamese Hot Beef Salad where only the beef strips (in an often-used marinade) are cooked in the wok. Same for squid. But there is a good representation of vegetables in this chapter, and you will have ample opportunity to practice your steaming and frying/sauting techniques. *Noodles and Rice* contains basics like chicken chow mein, pad thai, fried rice with pork, udon noodles with beef, a coconut milk pilaf. But, here again, there is a good representation of flavors and techniques from a variety of countries. Good variety of flavor combinations and ingredients and cooking techniques can be seen throughout the meat, poultry and fish/seafood chapters, too. Besides the abundance of vegetables that are usually found in wok cookery, there is a vegetarian chapter in this book—a nice call-out! Some of them are Vegan,

and they are marked as such. There are many curries in this chapter. Even though this book comes from a publisher in the UK, they have been very diligent about providing accurate Imperial measurements to cater to our American preferences. There are handy and helpful color symbols to distinguish between dairy-, nut-, wheat-free, and vegetarian and vegan. Pictures are decent, but available for less than half of the recipes. Page layout is easy on the eyes, with a good-sized, san-serif type style. Ingredient lists are straightforward, and instructions are not confusing. Directions are grouped into paragraph form: Read a paragraph, and you can proceed swiftly through the steps without needing to hesitate in the middle of a cooking process to read what to do next.\* I received a temporary download of this book from the publisher.

Award winning cookbook author, Nicola Graimes, in her excellent cookbook, *I Love My Wok: More Than 100 Fresh, Fast and Healthy Recipes*, shows how the wok is one of the most versatile and important pieces of equipment in the kitchen. She not only instructs how to use it in innovative ways, but presents mouthwatering recipes from all over the world (mostly Asian countries) that most cooks will be unable to resist. Her recipes include succinct and easy-to-follow instructions, that will make every cook, from beginners to advanced, an expert in using a wok, and also very popular with family and friends as they taste the incredible dishes. Graimes is not out to intimidate (as some cookbook authors do) with the recipes she includes in this book; rather, she presents her recipes in the simplest form so that they are doable by everyone. The pictures (alas, there isn't a picture of every recipe) are mouthwatering, and make it difficult to choose what to make for dinner tonight. The most important aspect is, of course, that the recipes turn out picture perfect. The Filipino Turkey in Peanut Sauce has already become a favorite, as well as the Prawn and Coconut Pilaf, and the Indonesian Fried Rice. The Hoisin Beef Stir-Fry has minimal ingredients (ones that are already in most refrigerators) and is very easy to make; it's yummy, too. There are mouthwatering soups, innovative salads, and fabulous seafood dishes. The book includes a section of vegetarian dishes that everyone - vegetarians and non-vegetarians - will love. The only thing missing is desserts, which probably aren't generally made in the wok. I have over two dozen wok cookbooks in my personal collection, and *I Love My Wok: More Than 100 Fresh, Fast and Healthy Recipes* is, hands down, the best of them. It's also nice that Graimes has made the recipes fairly healthy (there isn't an abundance of fat, sugar, or other additives that aren't necessary - she adds only enough to make the dishes taste good) - a real bonus for those of us who want to keep our families healthy. This is definitely the wok cookbook of the year and is highly recommended. Special thanks to NetGalley for supplying a review copy of

this book.

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