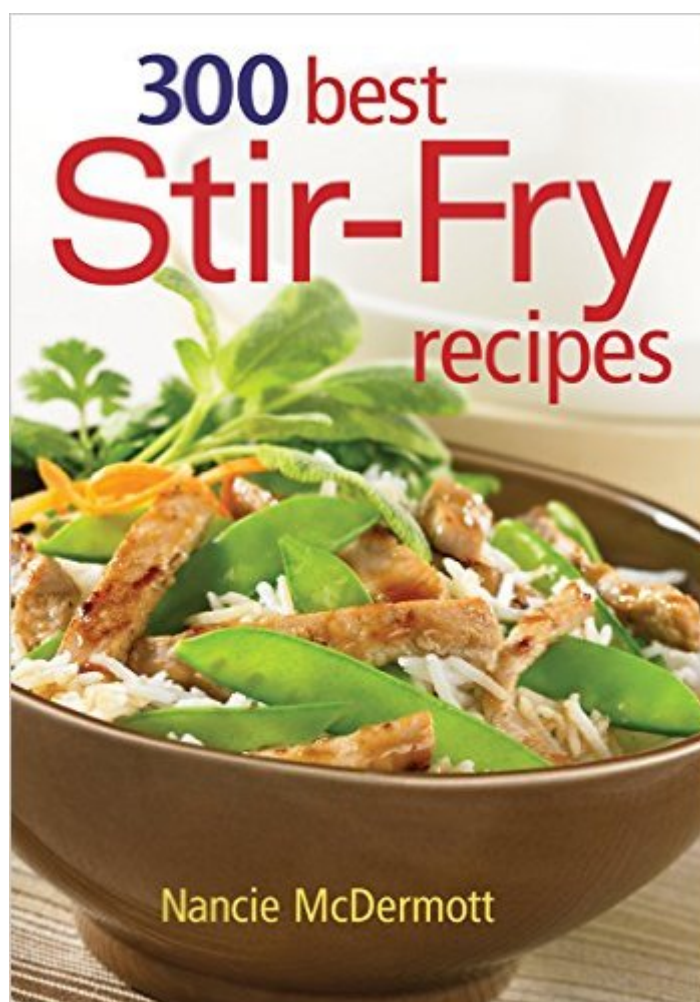


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# 300 Best Stir-Fry Recipes



## Synopsis

With these stir-fry recipes there are endless options for making delicious meals. Stir-frying is a simple way to prepare delicious, healthful home-cooked meals for the whole family even on the busiest of days. In addition to the satisfying recipes, there is also a comprehensive ingredient glossary that features everything from bean paste to Szechwan peppercorns. And since a wok is often used in the cooking process, there's an extensive equipment glossary which includes information about woks and how to season them. Here's just a small sampling of the author's inspired recipes: Chicken Soy-Spiked Chicken with Shitakes, Peppery Basil Chicken Beef Gingery Beef with Spinach, Asparagus and Beef Toss Pork Garlicky Pork in Lemongrass Paste, Pork with Fragrant Black Beans Shrimp Greek-Style Shrimp with Tomatoes and Lemon, Cajun-Spiced Shrimp Ham, Sausage, Lamb and Roasted Meats Chinese Sausage with Cucumber, Down-Home Sausage with Apple Fish and Seafood Baja-Style Fish Fillets with Cabbage and Lime Meatless Mains Honey-Mustard Tempeh with Broccoli, Moo Shu Vegetables Fried Rice, Noodles, Rice, Grains and Other Sides Garlic-Scented Stir-Fried Rice with Clams and Parsley, Yakisoba. The many vegetarian dishes also provide healthy, satisfying and delightful meals.

## Book Information

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## Customer Reviews

I am a big fan of Nancie Mcdermott's recipes and her vivid writing. I love her book Southern Cakes and I'm an avid baker myself. I'm not as familiar with Asian cooking, so I was thrilled to learn she goes beyond traditional Asian flavors in her new book 300 Best Stir Fry Recipes to include delicious dishes like her Pork with Escarole, Cherry Tomatoes and Pine Nuts--a delicious, colorful and

healthy weeknight meal. Being a true lemon lover, I adored the Stir Fried "Piccata" with Pork and Peas and my family sopped up the savory sauce with warm slices of sourdough bread. It was an easy one-pot wonder. After a trip to New Orleans, I couldn't wait to try the Cajun Spiced Shrimp, and was delighted by this quick and very flavorful dish. The recipes in this book are colorful and vibrant and I can't wait to try more of them, especially this summer when I get tired of grilling but don't want to heat up the oven. My 15 year old daughter is just starting to cook, and together we will turn to this book time and time again to search out easy and delicious meals she can whip up with ease. Thanks Nancie, for a great book that introduces us to the world of Asian flavors and beyond!

I have been a fan of Ms.McDermott's for a long time, and I often give her books as presents. With the arrival of 300 Best Stir-Fry Dishes I did what I always do when a new cook book comes:I make one recipe by following the instructions exactly. This method tells me a lot about the author and her/his way with and thoughts about food.I found a dish and its gorgeous picture for which all ingredients were in the house:Sweet-And-Salty -Shrimp with Pineapple and Carrots, pg 128. When finished, it was as pretty as its picture, but we could not eat it. The word SALTY is in the title, but my first bite made me feel sure that I had made a mistake - that would be the only way something this salty could come out of my kitchen. The next evening I made Lime-Splashed Salmon with Chiles and Cilantro, pg.173, and I produced the same sorry result. The ingredients included 2 T Soy Sauce, 2 T Fish Sauce, and "1/2 t salt or to taste".I started writing notes next to my recipes and made Cantonese-Style Shrimp with Black Bean Sauce, pg.125 my last try. This was too salty even over unsalted Couscous - 1 T fermented black beans instead of the listed 2 T would most likely have been enough. I am still convinced that there are delicious dishes that you can make from this book if you cut down on the salty ingredients, especially the frequently used extra salt. As it is, the book should carry a warning from the American Heart Association. An inexperienced cook might be accused of wanting to kill his/her spouse!So you should enjoy this book while remembering that salt and Soy sauce can be added at the table when things taste flat - just like the way you can do it in a Chinese Restaurant. Inge

300 Best Stir-Fry RecipesI love this book. I purchased it during the summer because I wanted to try new recipes while I had time. I have prepared roughly 25 of the recipes and each one has been superb. The documentation and pictures are outstanding. Not having a lot of experience with Asian cooking I found the ingredients easy to locate in the local super market and the dishes easy to prepare. My husband was delighted with the new additions to my Greek cooking. I would

recommend this book to anyone trying to eat a healthier diet. I am now online to purchase another copy of the book for our winter home.

So far every recipe I have tried has been a hit. The Moo Goo Gai Pan was incredibly authentic too. As most recipe collections published by Robert Rose, ingredient lists and prep time required are short and sweet with great results. There are recipes to please all palates.

If you're like us, you couldn't live without your wok pan! McDermott's 300 recipes will inspire you to consider using more out of the ordinary ingredients to create such dishes as BLT stir-fry, a Ham with Chunky Salsa and Corn stir-fry, or a Five-Spice Beef with Zucchini. We were disappointed by the scarcity of photographs in this recipe book, but there is no lack of imagination spared in McDermott's recipe suggestions which can almost provide you with a different stir-fry suggestion for every day of the year.

I originally checked this book out from my local library. There was so much great information about technique, ingredients and sauces I couldn't make enough notes! Bought the book and love it. Recipes are very simple (mostly) and the "Tip" feature anticipates questions that might arise. I have made several of these recipes already and all have been winners. Stir-fry fits in with our efforts to cut down on meat consumption, increase vegetable consumption and, in general, eat lighter.

I love to cook and for someone like me, this book is definitely it. the recipes are great but above that, they give you ideas to be creative about you food. I love the little tips about substituting items when you don't have a particular ingredient at hand! Only problem is I wish it had more pictures, but oh well, can't have it all right?

I just bought an electric wok and needed a new cookbook with stir fry recipes. 300 best Stir-Fry Recipes is the best cookbook I have purchased in a very long time. I have tried 5 recipes and they have all been excellent! They are easy to prepare and the ingredients can all be found in the grocery store. I would highly recommend this cookbook to anyone who loves Stir-Fry!

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