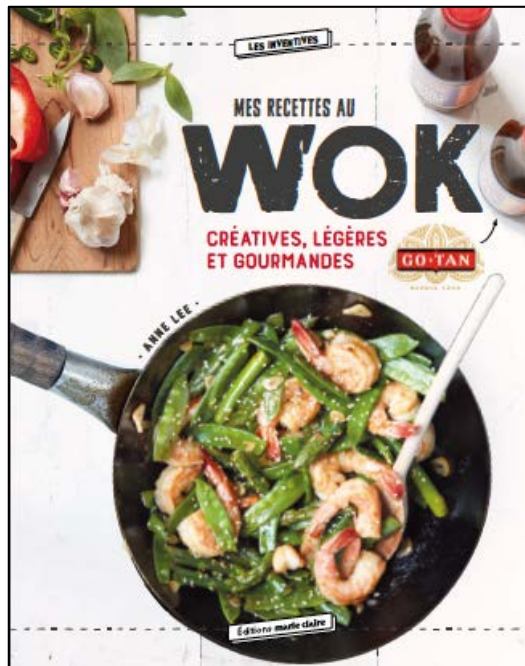


Wok Cooking

40 exotic and delicious recipes

February 2017



Synopsis:

Learn how to realize delicious recipes with your wok thanks to Anne Lee!

In this title you will discover the benefits of wok cooking: a balanced diet, using very few fat and preserving vitamins.

At the beginning of the book, some advice on how to choose your wok are given by the author, as well as advice on the order in which you should put the ingredients in, how to choose your seasoning and what associations are the best.

No less than 40 recipes are available, divided by level of difficulty: easy, intermediary and « wok'n roll »!

The Author:

Anne Lee is of Thai origin. She is a culinary stylist and works for the cooking magazine « Saveurs » in France.

This book is made in partnership with the brand **Go-Tan** in France, but products can be adapted very easily if this brand is not available in your country. '

■ Specs:

- Series: Cooking
- Date of Issue: February 24th 2017
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