



The Everything Stir-Fry Cookbook: 300 Fresh and Flavorful Recipes the Whole Family Will Love

Rhonda Lauret Parkinson

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More and more people are turning up the heat and cooking healthy meals made with fresh ingredients. With stir-fry cooking, chefs at all levels can shave off time preparing meals for their families by serving up heart-friendly dishes in just minutes. "The Everything Stir-Fry Cookbook" is a sizzling sourcebook of 300 recipes, with step-by-step instructions on how to: make healthy poultry, pork and vegetable dishes, starting with the freshest ingredients; select the correct equipments and prepare rice from around the world; and whip up fish/shelfish dishes, noodle selections, creative marinades sauces, and second-helping worthy desserts. "The Everything Stir-Fry Cookbook" offers helpful tips and techniques for making mouthwatering recipes in less time than it would take to choose what to order from a Chinese menu.

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From reader reviews:

Marlene Turner:

Spent a free time for you to be fun activity to try and do! A lot of people spent their free time with their family, or their own friends. Usually they undertaking activity like watching television, about to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Could be reading a book could be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to consider look for book, may be the book untitled The Everything Stir-Fry Cookbook: 300 Fresh and Flavorful Recipes the Whole Family Will Love can be great book to read. May be it might be best activity to you.

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