



# Seasoned Wok

**Eileen Yin-Fei Lo**



## Seasoned Wok:

*The Well-seasoned Wok* Martin Yan, 1993 Beautiful healthy and tasty dishes are described in detail with precise instructions Yan also describes and distinguishes the basic methods of cookery stir frying braising steaming blanching roasting red cooking and deep frying the basic utensils essential to a wok cookery and vital information on the oft exotic ingredients with tips on how to buy prepare and store them Jacket *The Breath of a Wok* Grace Young, Alan Richardson, 2013-06-25 Award winning author Grace Young celebrates and demystifies the art of wok cooking for the Western home cook When Grace Young was a child her father instilled in her a lasting appreciation of wok hay the highly prized but elusive taste that food achieves when properly stir fried in a wok As an adult Young aspired to create that taste in her own kitchen Grace Young's quest to master wok cooking led her throughout the United States Hong Kong and mainland China Along with award winning photographer Alan Richardson Young sought the advice of home cooks professional chefs and esteemed culinary teachers like Cecilia Chiang Florence Lin and Ken Hom Their instructions stories and recipes gathered in this richly designed and illustrated volume offer not only expert lessons in the art of wok cooking but also capture a beautiful and timeless way of life With its emphasis on cooking with all the senses *The Breath of a Wok* brings the techniques and flavors of old world wok cooking into today's kitchen enabling anyone to stir fry with wok hay IACP award winner Young details the fundamentals of selecting seasoning and caring for a wok as well as the range of the wok's uses this surprisingly inexpensive utensil serves as the ultimate multipurpose kitchen tool The 125 recipes are a testament to the versatility of the wok with stir fried smoked pan fried braised boiled poached steamed and deep fried dishes that include not only the classics of wok cooking like Kung Pao Chicken and Moo Shoo Pork but also unusual dishes like Sizzling Pepper and Salt Shrimp Three Teacup Chicken and Scallion and Ginger Lo Mein Young's elegant prose and Richardson's extraordinary photographs create a unique and unforgettable picture of artisan wok makers in mainland China street markets in Hong Kong and a wok a thon in which Young's family of aunts uncles and cousins cooks together in a lively exchange of recipes and stories A visit with author Amy Tan also becomes a family event when Tan and her sisters prepare New Year's dumplings Additionally there are menus for family style meals and for Chinese New Year festivities an illustrated glossary and a source guide to purchasing ingredients woks and accessories Written with the intimacy of a memoir and the immediacy of a travelogue this recipe rich volume is a celebration of cultural and culinary delights *The Essential Wok Cookbook* Naomi Matome-Yun, 2015-05-08 Classic Chinese flavors come home a comprehensive Asian cookbook Ordering Chinese takeout is easy but it's definitely not the healthiest or most affordable way to enjoy Chinese comfort food at home With this simple cookbook in your kitchen and a mighty wok in your hand Chinese favorites are now quicker healthier and cheaper than delivery *The Essential Wok Cookbook* is your guide to mastering the wok the versatile pan that makes possible all of the Chinese restaurant dishes you love no extra salt oil or MSG required Beyond tips for selecting seasoning and caring for your

wok this wok recipe cookbook also provides Step by step illustrations for how to fold a dumpling egg roll and wonton Fun features on the origin stories and American reinventions of foods such as egg drop soup and fortune cookies Recipe labels to help you decide what to make when you re short on time 30 minutes or less and tight on cash under 10 Recipe tips to swap ingredients save time make a dish more healthy or kick up the heat If a journey of a thousand miles begins with a single step start cooking today with your wok and see just how far The Essential Wok Cookbook will take you Fire up the wok with recipes like Perfect Pork Pot Stickers Easy Vegetable Stir Fry Lighter Egg Foo Young Sweet Chili Shrimp General Tso s Chicken Better Beef with Broccoli and many more

The Well-seasoned Wok Martin Yan,1993 Top chef Yan returns with a collection of tasty new recipes from his phenomenally successful television series Wok cooking is a fun timesaving way to cook delicious healthy food with style Each recipe includes clear detailed instructions Companion book to the new 26 show Yan Can Cook television series that begins in March 1993 32 color photographs

*Kitchen Gear: The Ultimate Owner's Manual* America's Test Kitchen,2023-11-07 Leading kitchen gear experts Lisa McManus and Hannah Crowley share what they really think about Dutch ovens air fryers grills and more in this indispensable handbook for gear heads everywhere The perfect gift for fledgling cooks newlyweds cooking nerds and new homeowners Ever wondered why your knives dull so quickly Whether it s safe to stand next to a running microwave If compostable dinnerware is really better for the environment With its combination of straight talking science backed advice from professional equipment reviewers Lisa McManus and Hannah Crowley practical how to guides engrossing trivia and beautiful full color photography Kitchen Gear is an indispensable source of collected wisdom you won t find anywhere else Hannah and Lisa s unfiltered takes on which pieces are and aren t worth it Spring for the high end blender rethink that knife block And did you know you can make pour over coffee with a dollar store funnel Improve your cooking with 100 recipes that teach you what your gear is capable of Use your sheet pan to make the easiest ever layer cake Make crispy fried garnishes in your microwave Plus use common tools in creative ways fully loaded nachos on the grill anyone Answers to all the hows whys and wait what s of your equipment The question and answer format covers everything from frequently asked questions to real head scratchers Keep your tools in top condition Season your pans the right way de stinkify silicone ice trays and finally get that gunk off your toaster oven Peek behind the scenes Read all about the zany lengths Lisa Hannah and their team will go to for answers from sawing coolers in half to programming knife wielding robots Stock your kitchen with the best of the best A buying guide points you to the top performers from America s Test Kitchen s rigorous reviews

**Wok Every Day** Barbara Grunes,Virginia Van Vynckt,2012-11-09 Veteran food writers Grunes and Van Vynckt present a unique approach to wok cookery with entrees side dishes savory sauces and even desserts Publishers Weekly The concept is simple one wok many meals all of them perfectly done Arguably the only pan you really need the wok is the kitchen chameleon capable of turning out not just stir fries but everything from pub style fish and chips to yes chocolate cake The wok can do it all and do it well whether it s sizzling up

crunchy polenta fries steaming succulent Swordfish Margarita with Papaya Salsa braising delicious Curried Beef with Basmati Pilaf or smoking Chicken with Fig Confit And imagine popping a warm homemade jelly doughnut into your mouth With plenty of traditional stir fry recipes advice on choosing the right wok and accessories and tips on proper wok upkeep Wok Every Day makes it easy to wok like a gourmet Recipes include Chiles Rellenos con Queso Cincinnati Style Turkey Chili Cajun Ratatouille over Greens Mojo Marinated Scallops Egg Foo Yong Scramble Mu Shu Vegetables Ravioli Tossed with Pancetta and Walnuts Beignets

**The Woks of Life** Bill Leung, Kaitlin Leung, Judy Leung, Sarah Leung, 2012-11-01 JAMES BEARD AWARD NOMINEE NEW YORK TIMES AND USA TODAY BESTSELLER IACP AWARD FINALIST PUBLISHERS WEEKLY STARRED REVIEW The Woks of Life did something miraculous It reconnected me to my love of Chinese food and showed me how simple it is to make my favorite dishes myself KEVIN KWAN author of Crazy Rich Asians The family behind the acclaimed blog The Woks of Life shares 100 of their favorite home cooked and restaurant style Chinese recipes in a very special book J Kenji Lopez Alt author of The Food Lab and The Wok ONE OF THE TEN BEST COOKBOOKS OF THE YEAR San Francisco Chronicle Simply Recipes ONE OF THE BEST COOKBOOKS OF THE YEAR The New York Times Food Wine NPR Smithsonian Magazine Delish Epicurious This is the story of a family as told through food Judy the mom speaks to traditional Chinese dishes and cultural backstory Bill the dad worked in his family's Chinese restaurants and will walk you through how to make a glorious Cantonese Roast Duck Daughters Sarah and Kaitlin have your vegetable forward and one dish recipes covered put them all together and you have the first cookbook from the funny and poignant family behind the popular blog The Woks of Life In addition to recipes for Mini Char Siu Bao Spicy Beef Biang Biang Noodles Cantonese Pork Belly Fried Rice and Salt and Pepper Fried Oyster Mushrooms there are also helpful tips and tricks throughout including an elaborate rundown of the Chinese pantry explanations of essential tools including the all important wok and insight on game changing Chinese cooking secrets like how to velvet meat to make it extra tender and juicy Whether you're new to Chinese cooking or if your pantry is always stocked with bean paste and chili oil you'll find lots of inspiration and trustworthy recipes that will become a part of your family story too

**The Everyday Wok Cookbook** Lorna Yee, 2012-11-06 Discover how to steam fry stew and bake 55 simple and delicious American and ethnic dishes using the most versatile pan in your kitchen the wok Most people think a wok is just for stir frying Chinese food Not so A wok is a versatile and inexpensive piece of kitchen equipment that can be used every day for all your meals You can braise steam deep fry and stew foods in it You can even bake a cake in it Don't stash your wok away in a cupboard Leave it on your stovetop and use it every day This book celebrates making American favorites such as spaghetti and meatballs buttermilk fried chicken and pulled pork sandwiches using the ancient Chinese cooking vessel You'll also find easy Asian dishes like kung pao chicken shrimp and egg fried rice stir fried beef and broccoli and chicken chow mein

*Everyone Can Cook* Scott R. Taylor, 2012-09 Hello my name is Scott R Taylor For many years I have wanted a cook book that not only gives me recipes but shows and tells me the things I need to know to make

food items I could be proud to serve So I decided to make my own One of the things I love in life is to eat good food When I m growing up mom and dad s along with grandmas cooking was always the world s best and in my mind nobody could top them I was born in the early 1950 s in a middle class family on the south side of Chicago Father was from Tennessee and Mother from Ohio So that gave me my fi rst look at fusion cooking as I knew it By the time I hit my early teens I learned I could not eat out every meal so I desired to learn to cook My passion for food grew into a 45 year career By trial and error cooking with other chefs learning from friends and trying many types of cooking jobs I have learned something new As many of us do many things in our life my time in the Navy working in diners fi ne food major hotels off shore oil rigs and even retirement homes have taught me every aspect of food I could not afford to go to culinary school so I learned by doing Read a cook book taste the spices ask friends but if you like to cook and eat GET UP AND DO IT Living in Las Vegas to me is the best World class food and chefs food from around the world This is good life for me I hope you enjoy this book and that it answers what or want to know about cooking Please enjoy cooking eating and life the way that I have **The Chinese Chicken**

**Cookbook** Eileen Yin-Fei Lo, 2007-11-01 Renowned Chinese cooking expert and IACP Award winning author Eileen Yin Fei Lo who has been called the Marcella Hazan of Chinese cooking brings American home cooks more than 100 recipes for the versatile chicken from simple stir fries to celebration dishes In China the chicken represents the phoenix the mythological bird that rose from its ashes and that symbolizes rebirth and reaffirmation Because of this deeply held belief chicken is served at every New Year celebration every wedding feast and every birthday dinner The chicken is honored for its eggs its meat and the flavor it provides for stocks and broths Because of the reverence for this bird the Chinese prepare chicken in myriad ways Chicken is steamed baked boiled stir fried deep fried pan fried and roasted It is served hot cold or at room temperature No part of the chicken is wasted from its bones to its skin to its feet a Chinese delicacy Now renowned Chinese cooking expert Eileen Yin Fei Lo who has been called the Marcella Hazan of Chinese cooking by The New York Times brings her love of Chinese cooking and traditional Chinese chicken recipes to American home cooks in The Chinese Chicken Cookbook The Chinese Chicken Cookbook brings together more than one hundred of the best traditional and modern chicken recipes of China from simple stir fries to more elaborate celebration dishes In chapters that pair chicken with noodles and rice and in chapters on soup preparing chicken in the wok and cooking it whole readers will find dozens of delicious easy to prepare delicacies Recipes such as Two Sesame Chicken Hot and Sour Soup Ginger Noodles with Chicken Chicken Water Dumplings Chicken Stir Fried with Broccoli Mu Shu Chicken with Bok Bang Mah Jongg Chicken and Asparagus Wrapped in Minced Chicken offer new and flavorful ways to prepare chicken whether you re making a quick weeknight meal or having dinner guests on a Saturday night Although these recipes use ingredients that home chefs can find in the international section of a well stocked supermarket or on the Internet Lo includes the Chinese names for ingredients and recipes rendered in beautiful Chinese calligraphic characters Not only decorative these characters can help you locate unfamiliar ingredients

in a Chinese market The Chinese Chicken Cookbook also has sections on how to select and clean a chicken a detailed explanation of Chinese ingredients suggested equipment including how to properly season a wok and how to cook a perfect pot of rice With wonderful family stories from the author s childhood in China The Chinese Chicken Cookbook is not just a cookbook for your cookbook library it is a source of culinary inspiration

**New Mrs Lee's Cookbook, The - Volume 2: Straits Heritage Cuisine** Shermay Lee, 2019-10-07 It started out as a simple labour of love for her family and grew to become a national phenomenon Mrs Lee Chin Koon 1907 1980 mother of Singapore s founding Prime Minister Lee Kuan Yew and a Peranakan by descent spent a lifetime compiling her own collection of family recipes She had intended to pass down the secrets of her homecooked Peranakan and local dishes perfected over the years in her very own kitchen to her children and grandchildren In 1974 her heritage recipes were eventually published as Mrs Lee s Cookbook and were embraced by an entire nation Her book has since seen numerous reprints and has become widely accepted as one of the leading authorities on Peranakan and local cuisine in Singapore Since the original version remains out of print Mrs Lee s granddaughter Shermay Lee has faithfully reworked these well loved heirloom recipes into two fully illustrated cookbooks The New Mrs Lee s Cookbook Volume 1 and Volume 2 launched in 2003 and 2004 respectively These revised editions have become well loved classics in their own right showcasing the richness and diversity of modern Peranakan cooking while staying true to its traditional roots The first volume won the prestigious Gourmand World Cookbook Awards in 2003 This second cookbook The New Mrs Lee s Cookbook Vol 2 Straits Heritage Cuisine features a mix of Chinese Malay and Eurasian dishes and also includes anecdotes explaining their origins New sections have also been added including

**New Mrs Lee's Cookbook, The - Volume 1: Peranakan Cuisine** Shermay Lee, 2019-10-07 It started out as a simple labour of love for her family and grew to become a national phenomenon Mrs Lee Chin Koon 1907 1980 mother of Singapore s founding Prime Minister Lee Kuan Yew and a Peranakan by descent spent a lifetime compiling her own collection of family recipes She had intended to pass down the secrets of her homecooked Peranakan and local dishes perfected over the years in her very own kitchen to her children and grandchildren In 1974 her heritage recipes were eventually published as Mrs Lee s Cookbook and were embraced by an entire nation Her book has since seen numerous reprints and has become widely accepted as one of the leading authorities on Peranakan and local cuisine in Singapore Since the original version remains out of print Mrs Lee s granddaughter Shermay Lee has faithfully reworked these well loved heirloom recipes into two fully illustrated cookbooks The New Mrs Lee s Cookbook Volume 1 and Volume 2 launched in 2003 and 2004 respectively These revised editions have become well loved classics in their own right showcasing the richness and diversity of modern Peranakan cooking while staying true to its traditional roots The first volume won the prestigious Gourmand World Cookbook Awards in 2003 This second cookbook The New Mrs Lee s Cookbook Vol 2 Straits Heritage Cuisine features a mix of Chinese Malay and Eurasian dishes and also includes anecdotes explaining their origins New sections have also been added including *Vegetarian*

*Times*, 2002-04 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both **Vegan Eats World** Terry Hope Romero, 2012-10-30 From the coauthor of the national bestseller *Veganomicon* here is a major new vegan bible on international cuisine

*Essential Stir-Fry Skills* Kaia Stonebrook, AI, 2025-02-18 *Essential Stir Fry Skills* unlocks the secrets to restaurant quality stir fries by focusing on core techniques rather than just recipes The book emphasizes mastering heat control ingredient preparation and timing to achieve authentic flavors and textures Did you know that uniform ingredient cuts are crucial for even cooking in a wok or that the concept of wok hei the breath of the wok significantly impacts the dish's overall taste This guide approaches stir frying as a skill based art empowering home cooks to adapt and create their own customized stir fries The book begins by covering essential equipment like woks and high BTU burners It then progresses to ingredient preparation heat control and timing providing detailed step by step instructions and visual aids By understanding these fundamentals readers can confidently create delicious stir fries and gain a deeper appreciation for Asian cooking techniques The book argues that mastering these skills is more important than blindly following recipes **The Wisdom of the Chinese Kitchen** Grace Young, 2014-07-01 *The Wisdom of the Chinese Kitchen* with its 150 recipes culled from a lifetime of family meals and culinary instruction is much more than a cookbook *The Wisdom of the Chinese Kitchen* is a daughter's tribute a collection of personal memories of the philosophy and superstitions behind culinary traditions that have been passed down through her Cantonese family in which each ingredient has its own singular importance the preparation of a meal is part of the joy of life and the proper creation of a dish can have a favorable influence on health and good fortune Each chapter begins with its own engaging story offering insight into the Chinese beliefs that surround life enhancing and spiritually calming meals In addition personal family photographs illustrate these stories and capture the spirit of China before the Revolution when Young's family lived in Canton Shanghai and Hong Kong The first part Mastering the Fundamentals provides instruction on the arts of steaming and stir frying the preparation of rice panfried and braised dishes the proper selection of produce and the fine arts of chopping and slicing Part Two The Art of Celebration concentrates on the more elaborate complex and meaningful dishes such as Shark's Fin Soup and West Lake Duck that are usually made with rare ingredients and sweets such as Water Chestnut Cake and Sesame Balls The final part Achieving Yin Yang Harmony explores the many Chinese beliefs about the healing properties of ginseng ginkgo nuts soybeans dong quai and the many vegetable and fruit soup preparations that balance and nourish the body The stories and recipes combine to demonstrate the range of Cantonese cooking from rich flavors and honored combinations to an overall appreciation of health well being and prosperity In addition to the recipes Young provides a complete glossary of dried herbs spices and fresh produce



accompanied by identifying photos and tips on where to purchase them Unique traditional dishes such as Savory Rice Tamales and Shrimp Dumplings are also illustrated step by step making the book easy to use The central full color photo section captures details of New Year s dishes and the Chinese home decorated in celebration reminding one that these time honored traditions live on and the meals and their creation are connections to the past *The Complete Idiot's Guide to Asian Cooking* Annie Wong,Jeffrey Yarbrough,2002-10 Using Thai Vietnamese Korean Japanese and Chinese dishes spices rice noodles and techniques you too can create an Asian feast This book includes techniques and tools tips for shopping in an Asian market and more than 150 salads main dishes and desserts *My Students' Favorite Chinese Recipes* Norma Chang,2001 Stir-Frying to the Sky's Edge Grace Young,2010-05-04 Winner of the 2011 James Beard Foundation Award for International Cooking this is the authoritative guide to stir frying the cooking technique that makes less seem like more extends small amounts of food to feed many and makes ingredients their most tender and delicious The stir fry is all things refined improvisational adaptable and inventive The technique and tradition of stir frying which is at once simple yet subtly complex is as vital today as it has been for hundreds of years and is the key to quick and tasty meals In *Stir Frying to the Sky's Edge* award winning author Grace Young shares more than 100 classic stir fry recipes that sizzle with heat and pop with flavor from the great Cantonese stir fry masters to the culinary customs of Sichuan Hunan Shanghai Beijing Fujian Hong Kong Macau Taiwan Singapore and Malaysia as well as other countries around the world With more than eighty stunning full color photographs Young s definitive work illustrates the innumerable easy to learn possibilities the technique offers dry stir fries moist stir fries clear stir fries velvet stir fries and weaves the insights of Chinese cooking philosophy into the preparation of beloved dishes as Kung Pao Chicken Stir Fried Beef and Broccoli Chicken Lo Mein with Ginger Mushrooms and Dry Fried Sichuan Beans All Under Heaven Carolyn Phillips,2016-08-30 A comprehensive contemporary portrait of China s culinary landscape and the geography and history that has shaped it with more than 300 recipes Vaulting from ancient taverns near the Yangtze River to banquet halls in modern Taipei *All Under Heaven* is the first cookbook in English to examine all 35 cuisines of China Drawing on centuries worth of culinary texts as well as her own years working eating and cooking in Taiwan Carolyn Phillips has written a spirited symphonic love letter to the flavors and textures of Chinese cuisine With hundreds of recipes from simple Fried Green Onion Noodles to Lotus Wrapped Spicy Rice Crumb Pork written with clear step by step instructions *All Under Heaven* serves as both a handbook for the novice and a source of inspiration for the veteran chef Los Angeles Times Favorite Cookbooks of 2016

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