



# Seasoned Wok

**Scott C. Dulebohn**



## Seasoned Wok:

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 aunties 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 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 stirry 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 tiops on how to buy prepare and store them Jacket

*The Essential Wok Cookbook* Naomi Imatome-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

**Complete Chinese Cookbook** Ken Hom,2011-11-30 Ken Hom is widely regarded as the world s leading authority on Oriental cuisine and with the Complete Chinese Cookbook he has created a seminal collection of his best loved dishes Beautifully illustrated with full colour photography and popular favourites and new tastes to discover this is the perfect addition to anyone s kitchen shelf A fantastic collection of recipes A great investment BBC Olive If there s one man who knows about Chinese cooking it s Ken Hom *Woman s Way This Chinese*

cracker of a book is all you need to wok and roll You Magazine This is the best Chinese cookbook I own Reader review Could this be the only Chinese cookery book you need to own Quite possibly Reader review Really easy to follow recipes Delicious Reader review With Cantonese stir fries and spicy Sichuan favourites alongside new discoveries from the lesser known culinary styles of Yunnan and Hong Kong this comprehensive collection is filled with mouth watering accessible and easy recipes demonstrating the amazing depth of flavour that is only now being fully appreciated in modern Chinese cuisine Set to become a kitchen classic this all encompassing cookery book guides you through the essential cooking techniques equipment and ingredients all with Ken s trusted blend of experience and enthusiasm Featuring 250 recipes covering all aspects of Chinese food including meat based and vegetarian recipes Ken offers tips and inspiration for a wealth of dishes that use simple healthy ingredients to create quick and delicious meals Over the past 25 years Ken has brought Chinese cookery into mainstream British homes and in this beautifully photographed cookbook he brings together all of his expertise to offer the ultimate guide to the flavours of China

*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 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 1950s in a middle class family on the south side of Chicago Father was from Tennessee and Mother from Ohio So that gave me my first 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 fine 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 Woks of Life** Bill Leung, Kaitlin Leung, Judy Leung, Sarah Leung, 2022-11-01 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 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

**A Very Chinese Cookbook** Kevin Pang,Jeffrey Pang,America's Test Kitchen,2023-10-24 A BEST COOKBOOK OF THE YEAR New York Times Serious Eats James Beard Award winner Kevin Pang and his dad Jeffrey hosts of America s Test Kitchen s Hunger Pangs teach you Chinese cooking in funny stories and 100 recipes doable for any cook New York Times Join the Kevin and Jeffrey Pang as they share over 100 American Chinese classics Sichuan street foods and dim sum favorites Full of charming stories of growing up in Hong Kong and time tested insights from the duo s lifelong love of cooking A Very Chinese Cookbook is more than a Chinese recipe book it s a heartfelt ode to Chinese food family and identity Inside you ll find 100 Chinese recipes covering Cantonese Sichuan American Chinese and other regions Personal stories and insights on Chinese culinary history you won t find anywhere else Easy to follow instructions and photos outlining basic Chinese cooking techniques A Chinatown shopping guide to help you find the best soy sauce vinegar and more Pairing ATK s rigorously tested recipes with the Pangs signature mix of humor and instruction this multi generational cookbook is very practical very personal and very Chinese indeed

**I'm Not Chinese** Obry Alan,2018-12-20 This is a book about entrepreneurialism cooking and discovering how life takes on new meaning when you decide to work for yourself *Asia Express* Marion Grasby,2014-05-01 It s so very easy to create quick brilliant Asian dishes at home These are the recipes I come back to time and time again Marion Grasby knows Asian food Better yet she knows how to whip up quick delicious no fuss versions of all the Asian classics we know and love from Nasi Goreng and Thai Beef Salad

to Lemongrass Chicken and Indian Lamb Kofta As one of Australia's most popular food identities and the brains behind the hugely successful Marion's Kitchen range of Thai meal kits sold in supermarkets around the country Marion is no stranger to requests for fast Asian recipe ideas for busy families In Asia Express she shares her wealth of knowledge of Asian cuisine in a fun and fresh way providing quick versions of ALL your Asian favourites without scrimping on flavour These are the recipes she comes back to time and time again They are her treasured possessions collected during a childhood spent in her Thai mother's kitchen and through a lifetime of travelling and living in Asia Asia Express is for the busy home cook who wants to create fresh Asian inspired dishes but doesn't have a lot of time to do it Collected from Thailand Vietnam Japan China India Burma Malaysia and more recipes include Crumbed Coriander Fish Fingers Thai Beef Salad Prawn Mee Goreng Char Kway Teow Express Hainanese Chicken Rice Indian Fish Curry Thai Sweet Sour Chicken Panang Chicken Curry Asian Pork Burgers Tandoori Lamb Cutlets Beef Pho Kaffir Lime Strawberry Tarts Almond Ginger Wonton Crisps Macadamia Mango Ginger Cups This is a specially formatted fixed layout ebook that retains the look and feel of the print book

**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

**Complete Wok Cookbook** Chris Toy,2022-03-01 Master your wok with this comprehensive collection of Chinese recipes A well seasoned wok can do it all whether you want to fry boil poach steam smoke roast or braise a delicious Chinese meal The Complete Wok Cookbook is filled with 125 flavorful recipes that make the most out of your wok from authentic Chinese home cooking to classic takeout favorites What sets this Chinese cookbook apart Wok fundamentals Explore a brief history of the wok and find helpful explanations of the different types how to choose the right wok for you and how to clean and care for it Cooking how tos Discover all the ways woks can be used in cooking and find expert guidance on mastering the techniques and skills associated with each method A wide range of recipes Fire up your wok and make everything from dim sum soups and sauces to meat seafood and vegetarian entr es Harness the power of your wok and make incredible Chinese dishes at home with this top choice in Asian cookbooks

## Reviewing **Seasoned Wok**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Seasoned Wok**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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