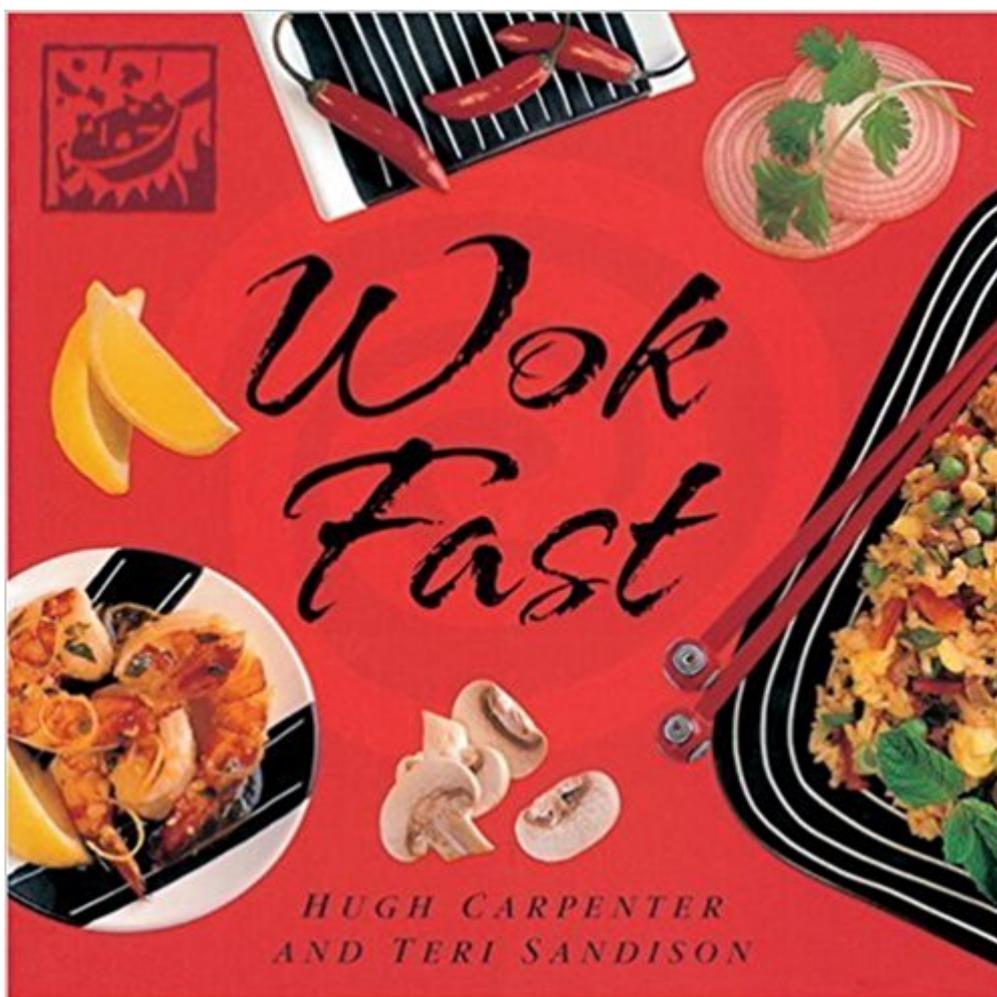


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# Wok Fast (Fast Books)



## Synopsis

The wildly popular culinary team of Hugh Carpenter and Teri Sandison prepare robustly flavored meals from the versatile wok, served in a flash—the perfect fare for weeknight cooking. With their emphasis on short ingredient lists and plenty of make-ahead tips, the recipes in WOK FAST are tailored to accommodate tight schedules, without sacrificing flavor. Dinners include Blackened Shrimp with Tangerine Garlic Essence, Crunchy Celery Chicken with Peanut Glaze, Baby Bok Choy in Spicy Garlic Sauce, and Cantonese Wild Mushroom Pasta. A delicious collection of marinades and sauces can be paired with any of the recipes, creating endless flavor variations. So grab your wok and set your table—dinner will be served in minutes!

## Book Information

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## Customer Reviews

The latest book from this prolific husband-and-wife team is a follow-up to their *Fast Appetizers*. Carpenter's food has always reflected Asian influences, and wok cooking is one of his favorite techniques. *Wok Fast* offers quick and easy recipes arranged in short chapters by main ingredient, from vegetables to lobster and crab to noodles. There is a brief but informative introduction, with good step-by-step photographs and a "pantry" of sauces and marinades. For larger collections.

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Hugh Carpenter, one of America's most popular cooking instructors and writers, teaches at

cooking schools throughout North America and at his own school in California's Napa Valley. Teri Sandison is one of the country's best known food photographers. This husband-and-wife team lives in the Napa Valley community of Oakville, California.

If you're looking for a great way to integrate your wok into everyday cooking, this book is perfect. It removes the complex intricacy of some wok dishes and instead adds in simple instructions for how to mix and match. For those times when you do want a specific dish, it offers up dozens of great dishes with minimal prep and cook time. I heartily recommend this as a practical book which you'll benefit greatly from reading through to get ideas for how to make quick and effective wok meals.

This book is just the ticket for those who want to learn how to use a wok properly, and how to cook many delicious oriental and Asian dishes. The 28 sauce recipes alone are worth the price of the book. Includes articles on seasoning your wok, how to slice up the different veggies used in oriental cooking, prepping before starting, and it is my Wok Bible. And it is a quick way to cook. A great cookbook.

This should be your first wok cooking book. The section of 19 sauces is an invaluable tool in shortening your wok learning experience. Pick a sauce, chop some veggies, throw in some chicken or mussels and you are done in 15 minutes. The recipes are fabulous! - Mussels in Smoked Tomato Sauce - Bangkok Shrimp with Mushrooms. There are many tips on preparation and cooking techniques. Included is a section on Asian Condiments that will make your shopping experience in the Asian market understandable.

My husband truly loves cooking with this wok. We are eating some great dishes. Thank you.

I love this book. It gives all the guidelines that you might need to make wonderful stir fries. It has very good recipes and separate sauces which are interchangeable. Also very helpful to me was the breakdown of the various supplies you might want and the best quality brands to look for.

This book tells you all you need to know, at the outset, about ingredients, brand names, equipment and recipes to make your Wok experiments successful from the start -- with plenty of room to grow beyond initial explorations. The photos are helpful, it is well organized, and overall it is a very useful cookbook. I'm glad I have it.

Great Wok recipes that are quick and simple. Techniques are given in the front of the book which is extremely helpful, almost like a mini wok tutorial. My only recommendation, stir fry outside on your grill if you have a small kitchen that's not well ventilated.

I was very sorry I had gone to the trouble of finding this book which is only available used at this point. It is so dominated by seafood that it has several different sections on fish, crab, lobster etc and only a very few recipes of beef and chicken. Couldn't find one recipe that I wanted to make. My least favorite of all the 15 cookbooks on Chinese cooking we have amassed over the years. The Thousand Recipe Chinese Cookbook is the best but lots of other good ones. Unless you love seafood this is a lemon.

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