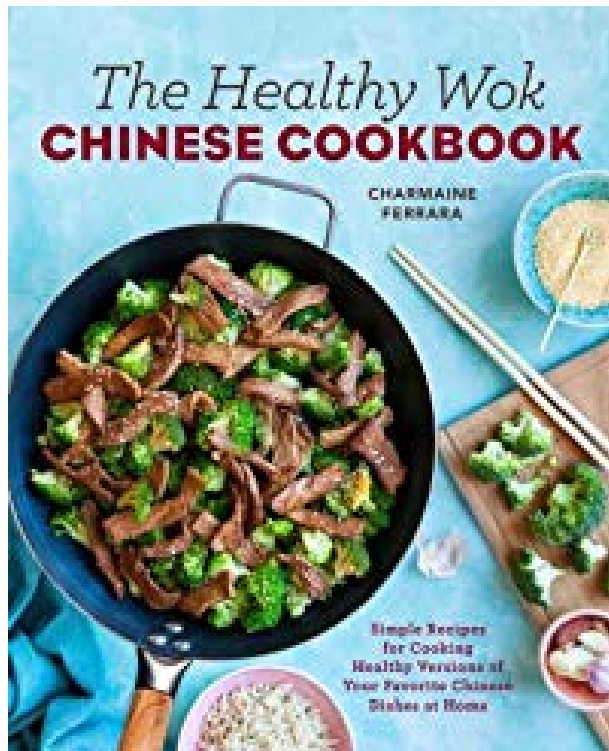


# The Healthy Wok Chinese Cookbook: Fresh Recipes to Sizzle, Steam, and Stir-Fry Restaurant Favorites at Home



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[The Healthy Wok Chinese Cookbook: Fresh Recipes to Sizzle, Steam, and Stir-Fry Restaurant Favorites at Home.epub](#)

Enjoy Simple, Healthy Versions of Your Favorite Chinese Dishes with The Healthy Wok Chinese Cookbook Chinese food is a favorite among many American families. But its harmonious fusion of sweet spice and tangy heat doesn't have to go hand-in-hand with overly sugary sauces, extra salt, greasy meats, or undesired MSG.

When Charmaine Ferrara moved from Malaysia to America more than 15 years ago, she was struck by the difference between the American adaptation of Chinese food and the traditional Chinese fare she'd grown up on. Charmaine began experimenting with her wok, recalling how her mother and grandmother made dishes, to recreate the meals she was missing. Since then, she's devoted herself to showing others how simple it is to create delicious Chinese recipes the way they were intended--fresh, flavorful, and light--and in her first Chinese cookbook, Charmaine does exactly that. In The Healthy Wok Chinese Cookbook Charmaine has combined the flavors of her heritage with her passion and know-how. The Healthy Wok Chinese Cookbook makes it easy to enjoy healthy takes on classic Chinese food at home.

From steaming to stir-fry, this Chinese cookbook will help you harness the simple power of your versatile wok to make more than 85 healthy, tasty dishes. With The Healthy Wok Chinese Cookbook you will: Quickly learn to make meals that swap out heavily battered ingredients and saturated fats for flavorful meats, fresh vegetables, and heart healthy oils Enjoy the easy organization of chapters that follow the structure of a Chinese restaurant menu Discover tips for buying and maintaining your wok so you can use it for years to

come Master a variety of techniques for cooking and stir-frying your favorite dishes If you're looking for a Chinese cookbook that offers healthy recipes with restaurant-quality taste, look no further than The Healthy Wok Chinese Cookbook.