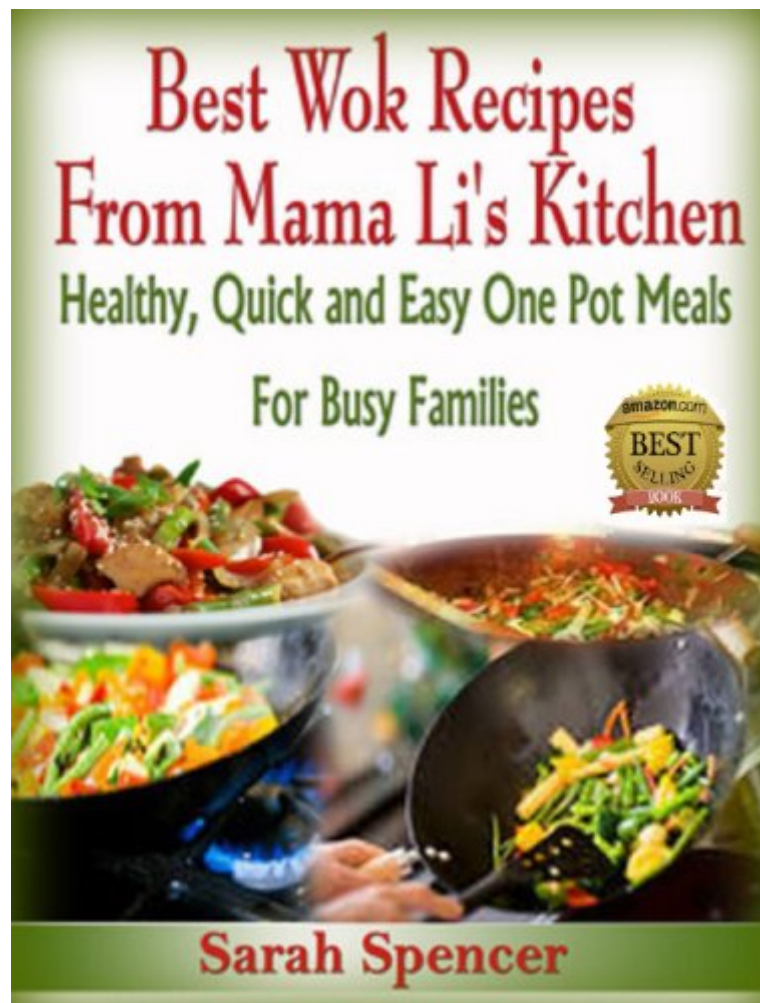


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# Best Wok Recipes From Mama Li's Kitchen: Healthy, Quick And Easy One Pot Meals For Busy Families (Mama Li's Kitchen Book 1)



## Synopsis

From Mama Li's Kitchen to yours Mama Li showed me everything I know about cooking with a wok. She used a wok for preparing all her meals and it has become a tradition in our family to cook like Mama Li. You will find in this book a collection of her best recipes. The flavors of Asia are dominant and so fragrant. The ingredients are fresh, healthy and wholesome. They are easy to find and if you have the opportunity of living near an Asian market, don't hesitate to visit and get some of your ingredients there, it will make it even more authentic. Most recipes can be adapted to fit any diet such as gluten-free or Paleolithic. You have to try them and see for yourself how easy and quickly you can prepare meals for your family to enjoy. Cooking with a wok is wonderful because you only need one pan and each meal is full of fresh vegetables and delicious lean ingredients for a healthy and nutritious diet. In this book, you will find everything you need to know about cooking with a Wok: • How to choose a wok • How to season and maintain your wok • The basic Wok cooking techniques • How to stock your pantry • Great beef recipes • Satisfying chicken recipes • Succulent pork and lamb recipes • Healthy and filling vegetarian recipes • Not to mention delicious soups and appetizers. Bon appétit! Now, scroll up and Grab your Copy!

## Book Information

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## Customer Reviews

I have cooked on and off with a wok for many years. Getting through the preparation can take time but it is worth it when everthing comes together. This is an interesting cookbook because it comes from past generation of cooking which I find interesting. This book starts out with an overview of Mama Li which give you a little background into the source of the recipes. The book explains the many different types of woks and give you what you should need to pick-out a wok if you don't have one. The book goes on to talk about the health benefits of cooking with a wok and how to clean and care for your wok to get many years of use out of it. Then the best part is the recipes. There are many delicious recipes in the book with both protein and Vegan options to choose from. I will be trying the Mongolian Beef this weekend. if you like wok cooking or want to try it this book is a great place to start.

I recently bought a wok, and was seeking to innovate with new recipes. This book helped me go a long way with my wok cooking. I was impressed with the details of cooking techniques, maintenance and even seasoning of wok cooked food. I love making the Steamed Halibut, the Mongolian Beef, the egg fried rice and the basic stir fry. If you have a wok and have been wondering what to do with it, get this book!

I have to admit, I love my wok! I don't have much time to prepare meals but eating healthy food is really important to me, so stir fries and other quick wok recipes are the perfect solution for me. While I already have some basics under my belt, my recipes do tend to taste a bit samey (soy-ginger-sesame), so I got this book to get some new ideas. I really appreciate the easy-to-understand recipes and the nutritional info. I made the Japanese omelettes last night and they were fantastic!

This is a great book that delivers not only yummy and INTERESTING recipes (a rarity in e-cookbooks), but there's also some cool information about different kinds of woks, and how you should care for yours. Recommended if you do this kind of cooking, or if you want to start!

When I bought the book I was really expecting just Chinese food (not sure why) but I was pleasantly

surprised to find not only some great Chinese recipes but Japanese, Thai , and even Indian. Plus there are some good vegetarian option as well. Nicely done!

I'm always looking for quick & easy meals to prepare for my family. Glad I found Best Wok Recipes. This book has tons of creative, delicious, fun recipes that my family liked big time. My Family really enjoyed the stir fry shrimp and Steamed Halibut. Thanks!

I'm new to wok recipes, so I wanted a book that would help me get started and have a wide variety of recipes. This book does that from seasoning the wok to all types of wok recipes. There's even some soup and appetizer recipes. Nutritional information is also included.

I am browsing for a good recipe book but suddenly I saw this book and got my interest that is why I have this book now. This book taught me how to choose a wok. This book let me understand how to season and maintain my wok. I learned the basic wok cooking techniques in this book. I like all the recipes in this book. I hope there are more recipes in this book next time.

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