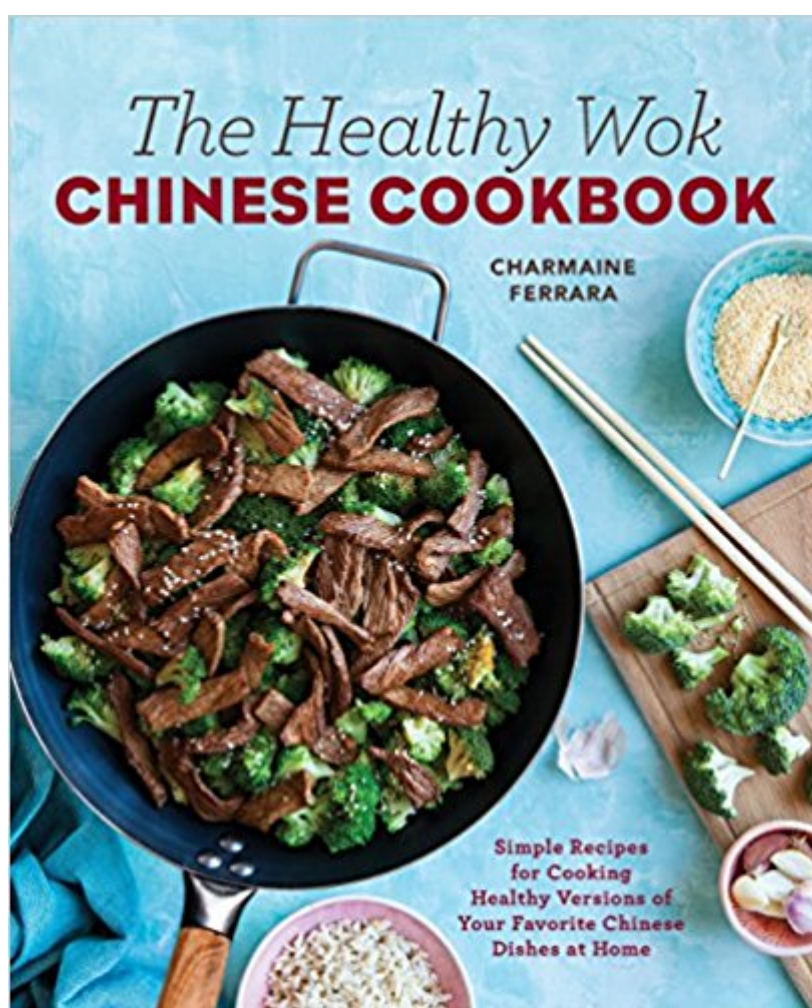


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# The Healthy Wok Chinese Cookbook: Fresh Recipes To Sizzle, Steam, And Stir-Fry Restaurant Favorites At Home



## Synopsis

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.

## Book Information

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## Customer Reviews

“Charmaine’s healthy approach to Chinese cooking solved our household dilemma of wanting Chinese food but not the greasy, calorie laden options available with Chinese takeout. The easy, straightforward instructions transform accessible ingredients into delicious, healthy, authentic Chinese meals that you feel good about serving your family, and usually in less time than it takes for delivery!”  
•Michele Hall, blogger, [westviamidwest.com](#)  
“I have always had a passion for Chinese cuisine. I am excited I can now use this amazing book to expand my knowledge and enjoy my favorite Chinese restaurant foods at home.”  
•Kathy McDaniel, chef, blogger, [lemonblossoms.com](#)  
“The Healthy Wok Chinese Cookbook is a comprehensive guide to Chinese techniques, ingredients and tools. It eschews deep-fried chicken with gloppy red sugar sauce in favor of authentic Chinese cuisine that accommodates today’s drive towards healthier eating.”  
•Shelley Blechar, blogger, [chefintheburbs.com](#)  
“Charmaine’s The Healthy Wok Chinese Cookbook will show you how easy it is to make your favorite Chinese takeout dishes at home. Not only are her recipes easy and accessible, they’re also healthier without compromising taste. You will find yourself instantly inspired to get in the kitchen and fire up your wok!”  
•Julia Foerster, blogger, [platedcravings.com](#)  
“The Healthy Wok Chinese Cookbook is the perfect guide to Chinese cooking. Charmaine’s love of Chinese food shines through and makes preparing Chinese recipes fun and easy. I love her healthy alternatives and serving tips.”  
•Chris Huston, blogger, [burntmacaroni.com](#)  
“As a rookie in Chinese cooking, it’s so exciting to find a cookbook that not only features authentic and healthy Chinese recipes, but also provides a comprehensive guide to all aspects of this style of cooking.”  
•Jessica Freimann, blogger, [thelifejolie.com](#)  
“Charmaine has taken the fear out of diving into a new cuisine, showing us all how quick and easy it can be to make delicious Chinese food at home.”  
•Katrina Kajganic, blogger, [kitchentrials.com](#)  
“Charmaine Ferrara combines her background and knowledge of Chinese food and totally demystifies Chinese cooking. With easy-to-follow recipes, step-by-step instructions, and easy-to-source ingredients, this book will have home chefs cooking fabulous Chinese meals immediately!”  
•Kylee Ayotte, blogger, [kyleecooks.com](#)  
“The

vibrant flavors and colors in this cookbook add delight to my family table. Whenever cravings for authentic Chinese food strike, I turn to The Healthy Wok Chinese Cookbook. •Mira Crisp, blogger, foodsmartmom.com “The Healthy Wok Chinese Cookbook doesn’t just give you recipes and wish you well on your way. Char’s experience and insight helps you understand the techniques and products necessary for success so you don’t end up wasting your valuable ingredients or time. •foodabovegold.com

CHARMAINE FERRARA was born and raised in Malaysia where she first learned to cook from her mother and grandmother. When she learned to cook for herself, Charmaine discovered how easy it was to make many Chinese dishes using her wok. She is the author of the food blog Wok & Skillet where she shares her passion for creating simple and delicious recipes with the world. Learn more at wokandskillet.com.

Simple, easy, yet packed with flavour! I've already made 2 of the dishes and have 2 more on my menu. A must have book xxx

Looking for your first Chinese wok cookbook? This one works nicely as an introduction for the beginning cook and maybe also for the experienced cook looking for some variations on a theme. It has a plethora of easy dishes using ingredients found in your own market (and a couple of exotic ones you can order from ). The healthy spin means stir fry alternatives to deep frying and 'light on the oil' alternatives to some Panda Express favorites. The recipes are easy to read and follow and contain an essential ingredient list and explanation. There are colorful and attractive illustrations. The two first chapters cover the basics of cooking Chinese at home with your own wok along with a guide to the necessary ingredients. This one, along with Diane Kuan's The Chinese Takeout Cookbook, would be the one I would give to a neophyte.

I have made many dishes from this cookbook and I am in love with the meals. I have most of these ingredients in my fridge, like fresh ginger, soy sauce, and fresh garlic. I have never purchased oyster sauce and black bean paste, but I am happy to say I have them now. I recommend this book to everyone who loves simple Chinese food and wants to make their own. The meals do not take a long time to prepare and they are delicious so I give it five stars.

Love this cookbook! Easy / healthy meals. The photos were great and the author made the learning

process fun as well as informative!

Have not stopped reading this book that just arrived yesterday. So many great recipes!

This is a beautiful cookbook, with clearly written (and delicious) recipes. The recipes are also simple enough that I don't find them intimidating. I'm so glad I added it to my cookbook collection!

Easy to follow and very healthy recipes.

Recipes I have been looking for!!

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