



The Everything Stir-Fry Cookbook: 300 Fresh and Flavorful Recipes the Whole Family Will Love

Rhonda Lauret Parkinson

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More and more people are turning up the heat and cooking healthy meals made with fresh ingredients. With stir-fry cooking, chefs at all levels can shave off time preparing meals for their families by serving up heart-friendly dishes in just minutes. "The Everything Stir-Fry Cookbook" is a sizzling sourcebook of 300 recipes, with step-by-step instructions on how to: make healthy poultry, pork and vegetable dishes, starting with the freshest ingredients; select the correct equipments and prepare rice from around the world; and whip up fish/shelfish dishes, noodle selections, creative marinades sauces, and second-helping worthy desserts. "The Everything Stir-Fry Cookbook" offers helpful tips and techniques for making mouthwatering recipes in less time than it would take to choose what to order from a Chinese menu.

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