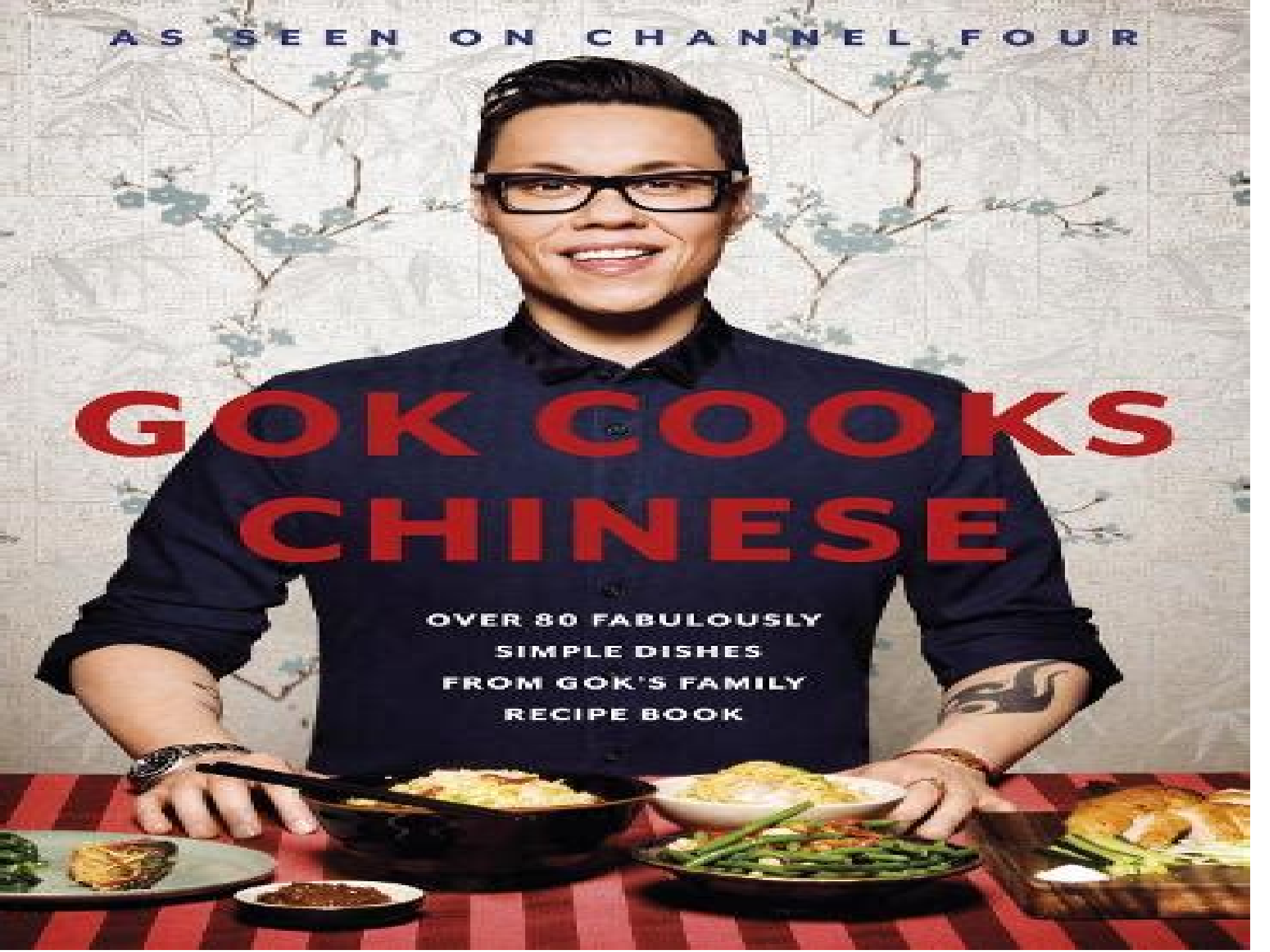


AS SEEN ON CHANNEL FOUR

GOK COOKS CHINESE

OVER 80 FABULOUSLY
SIMPLE DISHES
FROM GOK'S FAMILY
RECIPE BOOK



Gok Cooks Chinese Hardback By Author Gok Wan

S Ashworth



Gok Cooks Chinese Hardback By Author Gok Wan:

Gok's Wok Gok Wan, 2013-10-10 In his brand new book Gok Wan shares his favourite recipes for fresh and healthy meals inspired by the flavours of Asia Gok's recipes draw influence from the East as he teaches us how to add flavour and a splash of originality through his distinctive style of simple fast cooking Chapters cover all occasions from lunch ideas to dinner parties and date nights and include curries stir fries noodles salads soups and even desserts He shares many of his family's traditional recipes too but gives them a modern twist for today's kitchen tables try Sweet miso marinated chicken and pak choy Sweet potato and Brazil nut curry and Poppa Wan's fu yung And running throughout are Gok's words of advice on wok cooking his favourite ingredients and tips on preparation and entertaining Gok style For Gok great eating should be hassle free and these recipes are exactly that tasty dishes that are low stress good for you and make minimal mess *Gok Cooks*

Chinese Gok Wan, 2016-12-01 Discover the master guide to simple healthy and delicious Chinese cooking from the creator of the hit show Gok Wan's Easy Asian For Gok Chinese food is all about sitting down tucking into fantastic food that is fuss free healthy and packed with flavour Now in Gok Cooks Chinese he gives us his personal and modern take on the Chinese food that he grew up eating With 80 different recipes and chapters on Chinese Takeaway Classics Dim Sum Street Food and One Pot Wonders to name a few you will find recipes for all occasions and moods whether entertaining friends or enjoying a meal at home by yourself Filled with mouth watering dishes including My Perfect Fried Rice Spicy Sichuan Chicken Poppa Wan's Amazing Pork Ribs Leftover Roast Duck Noodles Sweet and Sour Fish My Ma Po Tofu with Chinese Omelette Above all Gok Wan will help you replicate your favourite takeaway dishes in your own kitchen [Gok Cooks Chinese Cookbook](#) Carol

Ogden, 2020-11-20 Gok Cooks Chinese Cookbook Get your copy of the best and most unique recipes from Carol Ogden Do you miss the carefree years when you could eat anything you wanted Are you looking for ways to relive the good old days without causing harm to your health Do you want an ideal way to preserve your food Do you want to lose weight Are you starting to notice any health problems Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family If these questions ring bells with you keep reading to find out Healthy Weekly Meal Prep Recipes can be the best answer for you and how it can help you gain many more health benefits Whether you want to spend less time in the kitchen lose weight save money or simply eat healthier meal prep is a convenient and practical option and your family can savor nutritious delicious homemade food even on your busiest days Purchase The Print Edition Receive A Digital Copy FREE Via Kindle Matchbook In this book This book walks you through an effective and complete anti inflammatory diet no prior knowledge required Learn how to shop for the right ingredients plan your meals batch prep ahead of time and even use your leftovers for other recipes and detailed nutritional information for every recipe Gok Cooks Chinese Cookbook is an incredible resource of fulfilling joy inducing meals that every home cook will love In addition 2 weeks of meals a 14 day schedule of meals including step by step recipes and shopping lists for each with tips on what you can prepare ahead of time to get

dinner or meal on the table faster Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday It would be lovely to know your cooking story in the comments sections below Again remember these recipes are unique so be ready to try some new things Also remember that the style of cooking used in this cookbook is effortless I really hope that each book in the series will be always your best friend in your little kitchen Well what are you waiting for Scroll to the top of this page and click the Add to Cart button to get your copy now *Easy Chinese Wok Recipes* Adele

Tyler,2021-01-28 Are you looking for an easy Wok cookbook for amazing homemade Chinese recipes In this 3 books in 1 edition you will learn over 250 recipes for using wok at home while preparing Asian and Chinese recipes at home In the first book *Easy Wok Recipes* you will learn history of wok and how to use it in the kitchen for quick and simple recipes Wok Three letters for one of the most interesting toll you could have in your kitchen It fries It cooks It braises It boils It s perfect for Asian recipes but it s also extremely flexible for cooking vegetables stewed meats and slow cooked dishes The big advantages of the wok are the rounded shape perfect for mixing ingredients and the deep bottom ideal for deep drying stir frying boiling or stewing Mostly used in the Asian countries it has slightly differences from Indonesia to India China Vietnam and Japan but it s the one object that can be surely found in every kitchen both homemade and professional from Delhi to Bangkok In *Easy Wok Recipes* by Adele Tyler you will learn How to use wok at home Over 77 easy recipes for amazing Asian food dishes Thai Japanese Indian Korean and more recipes to impress family and friends In the second book *Wok Cookbook* you will find Asian recipes easy to be done at home Stir frying Steaming Boiling and braising Stewing If all these cooking technique evoke in your mind the tasty flavors of the Asian food you are absolutely right What do these cooking style have in common One word wok The wok is a round bottomed cooking pot originally invented in China but largely spread nowadays in many Asian Countries such Thailand India Vietnam and Korea What makes the wok special is the shape rounded on the bottom in order to solve two main functions sear the food with stronger heat due to being closed to the fire and collect flavors and juices of the dishes at the bottom making it easier to cook using the two handles system to agitate the ingredients and have a more balanced and rounded cooking process In *Wok Cookbook* by Adele Tyler you will learn 77 recipes for wok home cooking 77 recipes from Thailand China and Indian 77 recipes for traditional asian food If you love asian flavors and you want to learn how to use wok pan at home this cookbook is for you In the third book *Chinese Cookbook* you will learn history and recipes from all over China Chicken Beef Pork Dumplings Hot pot Few words that recall clearly and distinctly the intense amazing flavors from one of the best and most spread way of cooking in the world the Chinese food Despite Chinese food is known mostly for dishes like Baozi Dumplings and Szechuan Chicken the variety of this millenarian food tradition goes way beyond the all time classics In this book you will explore the depth of the Chinese food history getting to know tasteful mouthwatering recipes to spice up your meals In *Chinese Home Cooking* you will learn Brief history of Chinese food and its evolution during the last century Over 100 recipes for modern and classic Chinese dishes A chapter dedicated to Chinese

vegetarian meal prep If you want to impress your fiends and family this Chinese cookbook is for you Scroll up click on buy it now and get your copy today One Wok, One Pot Kwoklyn Wan, 2023-01-19 One Wok One Pot offers 80 effortless recipes that are cooked in just one pot a slow cooker rice cooker traditional clay pot or of course the humble wok From Veggie Satay Noodles and Pork Belly Hot Pot to Five Spice Wings and XO Fried Rice Kwoklyn Wan shares a collection of much loved tasty and foolproof recipes to make at home Influenced by the many delicious East and Southeast Asian cuisines and flavours from Japan and Korea to Thailand and Malaysia the recipes in this book are simple and delicious Just prep a few ingredients use your favourite pot and reduce the washing up with this brilliant book that every kitchen needs

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