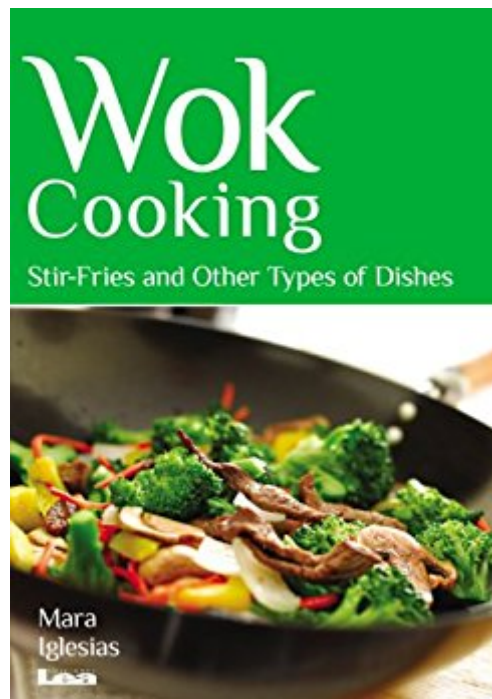


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Wok Cooking



Synopsis

The wok has always been an essential element in oriental cooking. Recently, westerners have also been utilizing the wok to make delicious, healthy meals. What is a wok? We could describe it as a large oriental frying pan, but it is better described as a cooking utensil made from metal, bent but not too deep, bowl-shaped and with one or two handles or knobs.

Book Information

File Size: 1564 KB

Print Length: 37 pages

Publisher: Ediciones LEA (January 1, 2014)

Publication Date: January 1, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00HWBT2AY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,101,265 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #91

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Asian >

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