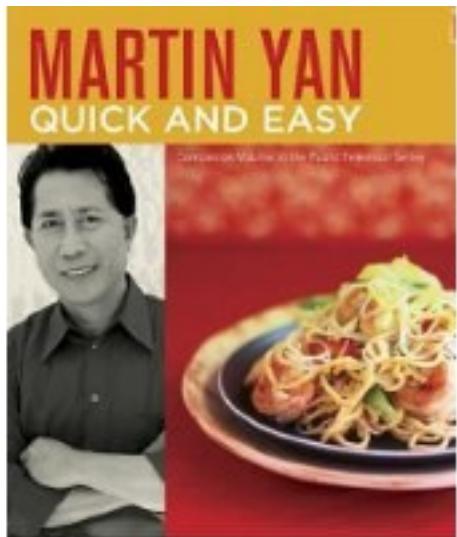


# Martin Yan Quick and Easy



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著者:Martin Yan

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The companion volume to Martin Yan's new PBS series of the same name, this cookbook is the ideal introduction to Asian cooking. Wok-full of great tips and techniques, plus sources for easily locating unusual ingredients, here are more than 150 truly easy recipes that taste great and cook up fast -- all in under 30 minutes! Classic potstickers with spicy dipping sauce can be made ahead and frozen for impromptu guests-to-impress dinners. Korean-Style Lamb Chops pair up perfectly with crisp-and-tender Flash-Fried Asparagus and Long Beans. For those who like it hot, Three-Alarm Firecracker Shrimp packs a spicy punch with a menage a trois of chiles until Coconut Custard creaminess cools things down. Basics include the recipe for mastering steamed rice, a glossary of terms (know your miso from your mirin), and striking photographs throughout illustrating the food, essential equipment, and helpful techniques. No one is as well-known or well-loved for bringing Asian food into our home kitchens. With foolproof recipes conjured up fast, Martin Yan works his magic once again!

作者介绍:

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标签

饮食

(English)

评论

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