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The Book of Stir-fry Dishes

Elizabeth Wolf-Cohen
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Elizabeth Wolf-Cohen : The Book of Stir-fry Dishes before purchasing it in order to gage whether or not it would be worth my time, and all praised The Book of Stir-fry Dishes:

The Book Of Stir-Fry Dishes focuses on the one-pot meals of the nineties: meals that can be easily cooked in one pan, that are filled with wonderful flavors, and that satisfy the need for fast--and healthy--foods. Step by step photographs show how simple each recipe is to prepare. Chapters include fish, shellfish, beef, pork, lamb, chicken, vegetables, desserts, and more.