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of the Chinese
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selecting, seasoning,
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also provides: Step-by-
step illustrations for
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egg roll, and wonton

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the biggest fads that
have risen up recently.
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have fondly expressed

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their liking for the food.
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its special flavor is the
way in which it is
cooked.

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Cookbook is your guide
to mastering the wok,
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Everyone knows that a wok is perfect for

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tossing together a quick stir-fry, but the humble wok is capable of much more. Curries, soups, dumplings, steamed fish and deep-fried morsels sit alongside the ubiquitous stir-fries in the array of offerings in Essential Wok.

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Page 212 - Add 1/3 cup (80 ml) of the egg mixture and swirl to coat the base of the wok. Cook for 2 minutes, or until set, then turn over and cook the other side for 1 minute. Remove and keep warm. Repeat with the remaining mixture, adding another 2 teaspoons of the oil each time, to

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make four omelettes.

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