

Wok Cookbook for Beginners

Master Essential Wok Techniques to Easily Create Authentic Asian Recipes at Home. Step-by-Step Guide to Stir-Frying, Sautéing, and More with Expert Tips



by Jack Law

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Introduction

Wok cooking's cultural significance and history

The wok is more than just a piece of cookware; it is a historically and culturally significant symbol of culinary heritage and identity. The wok, one of the most versatile cooking implements ever created, dates back over 2,000 years to the Han period in China. It has endured and developed into an essential component of Asian cuisine, influencing cuisines all over the world due to its distinct design and versatility.

The Wok's History

The Cantonese word for "cooking pot" is the source of the term "wok." Originally made of cast iron, woks were designed for daily use during a time when fuel efficiency was critical. The wok's spherical bottom, which distributed heat evenly, made it ideal for quick cooking methods that used less fuel. Furthermore, this design made it easier to cook with a variety of techniques, including boiling, steaming, deep-frying, and stir-frying.

Traditionally, people cooked over open flames in woks on clay stoves. Families across China used them because they prepared meals quickly. The wok's popularity spread throughout Asia over time, owing to local ingredients and culinary traditions.

The Wok Spread

Trade and migration spread Chinese culture around the world, making wok a global phenomenon. It evolved in Southeast Asia to reflect regional tastes and ingredients. For example, Malaysia uses the wok to make Char Kway Teow, while Thailand uses it to prepare popular Thai dishes such as Pad Thai.

As the wok traveled to the West, it came to represent Asian food and culture. Modern Western kitchens praise woks for their adaptability and ability to prepare food quickly, healthfully, and deliciously. They are an essential component of fusion cooking, which brings together international culinary traditions.

Current developments and applications

Contemporary cooking demands have resulted in the manufacture of woks from a variety of materials, including carbon steel, stainless steel, and nonstick coatings. Wok cooking has become more accessible thanks to the development of electric and flat-bottomed woks designed to fit modern stovetops.

Despite these advancements, traditional wok methods continue to serve as the foundation for their application. "Wok hei," or "breath of the wok," is a high-heat stir-frying technique that distinguishes authentic wok cuisine. Because wok hei entails frying food at extremely high temperatures to produce a smokey, nuanced flavor, it requires expertise and precision.

The Wok has legendary status in cooking

The wok is a cultural icon that represents its users' history, customs, and values; it is more than just a cooking tool. Its continued popularity is proof of its utility and cultural significance. The wok continues to bring people together through a shared love of cooking and eating, whether in a crowded street market in Bangkok, a family kitchen in Beijing, or a trendy restaurant in New York.

Wok cooking is more than just cooking; it is a rich tradition that has existed for thousands of years and connects civilizations around the world. Accept the wok's legacy and adaptability, and let it inspire you to create meals that are both traditional and creative.

Benefits of Cooking in the Wok

Wok cooking is a practical and adaptable method of preparing delicious meals, not just a culinary tradition. The wok, renowned for its effectiveness and versatility, has become a global favorite for a valid reason. Including wok cooking in your daily routine has numerous benefits that extend beyond the flavor of the food you prepare, regardless of your level of cooking experience.

1. Adaptability in Cooking Techniques

One of the wok's best features is its ability to handle a variety of cooking methods. One wok enables you to:

- Stir fry
- Deep-fry
- Steam
- Simmer or boil
- Smoke

This all-in-one feature saves space and makes meal

preparation easier by eliminating the need for multiple pieces of cookware.

2. More nutritional cooking

Wok cooking, which uses less oil than other techniques such as deep frying, promotes healthier eating. Because of the wok's high heat, you can quickly cook food while preserving its natural flavors, textures, and nutrients. Furthermore, the ability to stir-fry meats and vegetables together results in a nutritious, well-balanced dinner with few extra calories or fats.

3. Efficiency of Time

The wok's distinctive shape and high temperature make it ideal for quick cooking. Stir-frying is one of the most common uses for a wok, and it usually only takes a few minutes. As a result, the wok is an excellent choice for families and busy people looking to prepare homemade, fresh meals without spending too much time in the kitchen.

4. Efficiency of Energy

The wok's rapid cooking ability also saves energy. Its design optimizes heat distribution, allowing you to use your cooking fuel more efficiently. While modern flat-bottomed woks work equally well on conventional stovetops, traditional round-bottomed woks are particularly effective over open flames.

5. Improved Tastes: Wok Hei's Magic

Wok cooking is known for producing "wok hei," or the "breath of the wok," through high-heat cooking, where foods caramelize and produce a depth of flavor that is difficult to replicate with other cookware. Wok hei gives food—particularly Asian food—a distinct authenticity.

6. There was very little cleanup

When properly seasoned, the wok's slanted sides and nonstick surface make cleanup easier. The wok can prepare many dishes completely, reducing the amount of cookware to clean. Scrubbing is less necessary as carbon steel and cast iron woks, in particular, naturally become nonstick over time.

7. Low-cost cooking

When properly maintained, a wok is a cost-effective investment that will last for many years. It's also useful for making inexpensive dinners by combining small amounts of meat or seafood with a variety of vegetables, rice, or noodles. In addition to saving money, this cooking method encourages creative ingredient use.

8. Cultural Relationship

You may connect with centuries of culinary tradition by using a wok to cook. People have used this method to foster a sense of community and understand diverse cultures through shared meals. By adopting wok cooking, you're engaging in a traditional and cross-cultural activity that goes beyond simple meal preparation.

9. An environmentally friendly choice

The wok is an environmentally friendly choice due to its longevity and energy efficiency. A well-maintained wok can last for decades, reducing waste compared to single-use or disposable cookware. Furthermore, because of the short cooking time, it consumes less energy, making it a green option for home cooks.

10. encourages culinary innovation

Cooking in a wok promotes experimentation. Because of its adaptability, you can experiment with a wide range of cuisines, including fusion meals that combine flavors from around the world and traditional Asian recipes. The wok encourages versatility and creativity in the kitchen, whether you're smoking, steaming, or stir-frying food.

Wok cooking has numerous advantages that extend far beyond its utility. This cooking method yields rich, nuanced flavors while encouraging healthy eating and saving time and effort. The wok is a useful kitchen tool, whether you're preparing a quick weeknight meal or experimenting with a new recipe. By incorporating wok cooking into your daily routine, you will improve your culinary skills and develop a stronger connection to the food you prepare and its traditions.

Advice for Novices and Common Mistakes in Wok Cooking

Wok cooking is a relaxing and versatile technique that yields an abundance of delectable options. However, learning the work can be intimidating for beginners. Because of its unique design and high-heat cooking method, using a wok effectively necessitates practice and a few key tips. Here are some pointers for beginners and common mistakes to avoid when using a wok.

Advice for Novices

1. Select the Proper Wok

Material Matters: A carbon steel wok is an excellent choice for beginners. When properly seasoned, it is naturally nonstick, heats quickly, and retains heat well. Choose a wok that is the right size and shape for your

stove and cooking needs. A 12- to 14-inch wok works well in most home kitchens.

Flat or Round Bottom: Round-bottomed woks work well on gas stoves or with a wok ring, whereas flat-bottomed woks are best for electric or induction stovetops.

2. Get your wok seasoned

Seasoning a carbon steel wok is essential for enhancing its nonstick properties and preventing food from sticking. The book shows how to season a wok.

3. Prepare your ingredients ahead of time

Make sure all of your ingredients are ready to go before you begin, as wok cooking moves quickly. Prepare sauces and seasonings ahead of time, chop vegetables, and slice proteins. This prevents food from overcooking and ensures an efficient cooking process.

4. Make use of high temperatures

Before adding oil, ensure that your wok has reached full temperature and has begun to shimmer. High-heat cooking, particularly in woks, contributes to the distinct smoky flavor known as "wok hei."

5. Improve your stir-frying skills

To ensure even cooking and prevent sticking, toss and stir the ingredients.

Cook in Batches: To prevent food from steaming instead of frying, do not overfill the pan.

6. Make use of the proper utensils

A long-handled metal or wooden spatula is ideal for stir-frying. These instruments allow you to efficiently combine and toss materials without damaging the wok's surface.

7. Maintain and clean your workspace

After cooking, rinse the wok thoroughly with warm water and scrub gently with a soft sponge. Avoid using soap and harsh cleansers because they can remove seasoning.

To prevent rust, dry the wok thoroughly and lightly coat it with oil.

Common Errors to Avoid

1. Ignore the Seasoning Step

Unseasoned carbon steel woks can stick and cook unevenly. Seasoning is necessary for creating the wok's nonstick surface and improving its functionality over time.

2. The wok is becoming overcrowded

Cooking too much food at once reduces the wok's temperature, resulting in steaming rather than stir-frying. To keep the heat high, always cook in small batches.

3. Using incorrect oil

Not all oils are suitable for use in woks at high temperatures. Use high-smoke-point oils such as peanut, canola, or vegetable oil. Avoid olive oil because it burns easily and can alter the flavor of your food.

4. Including Cold Substances

Cold ingredients can slow down cooking by lowering the temperature of the wok. Allow the meat and vegetables to come to room temperature before adding them to the wok.

5. Ignore the heat control

High heat is required, but it is also important to adjust it as needed. Reduce the heat, for example, while simmering sauces or when ingredients are likely to burn.

6. Poor cleaning

Using strong detergents or leaving a wok wet can cause rust or damage to the seasoning. Use gentle cleaning techniques and ensure that the wok dries completely after washing.

7. Fear of trying new things

Without hesitation, experiment with new ingredients, sauces, and cooking methods. The wok is a versatile tool that fosters creativity. Practice will help you gain confidence and develop your own wok cooking style.

Wok cooking is a satisfying culinary art that improves your kitchen's speed, flavor, and adaptability. Beginners can fully use the wok and enjoy the process of preparing delicious foods by following these guidelines and avoiding common mistakes. Remember that practice makes perfect, and each dish you prepare will help you improve your wok cooking skills.

The importance of this cookbook

This cookbook caters to the needs of both seasoned cooks looking to expand their skills and culinary novices exploring new techniques. Wok cooking is more than a technique; it is a method of preparing flavorful, nutritious, and quick meals that are rich in cultural diversity. This cookbook is an excellent addition to any culinary collection for the following reasons.

1. The Ultimate in Versatility

There are numerous dishes in this book that demonstrate wok cooking's incredible adaptability. You'll learn how to cook a wide range of foods in your wok, including stir-frying, steaming, deep-frying, and even smoking delicacies. This cookbook includes everything you need to create a spectacular feast for guests or a simple weeknight supper.

2. It is suitable for both beginners and professionals

This cookbook provides detailed instructions and helpful advice to help you gain confidence if you're new to wok cooking. It provides experienced chefs with cutting-edge recipes and methods for improving their skills. Regardless of your level of expertise, these pages will provide you with valuable information and motivation.

3. Healthy, Tasty Foods

Wok cooking is a catchphrase for quick, high-heat cooking methods that retain flavor and nutrition. This guidebook focuses on recipes that are not only delicious but also nutritious, using whole, fresh ingredients. With less oil and more colorful vegetables, your meals will be both delicious and healthy.

4. Efficient and practical cooking

In today's hectic world, time is extremely valuable. Wok cooking allows you to prepare entire dinners in just a few minutes, which is revolutionary. This cookbook is an excellent resource for anyone with a busy schedule because it contains a variety of dishes that are both delicious and quick to prepare.

5. Honoring Culinary Diversity

Other Asian and international culinary traditions have influenced wok cooking, despite its Chinese origins. This cookbook introduces you to Thai, Chinese, and Korean cuisine, as well as fusion meals that combine global tastes.

6. Discover Crucial Methods

It takes more than just following recipes to become a skilled wok cook. This cookbook covers key methods such as seasoning and maintaining your wok, balancing tastes for real results, and achieving the ideal "wok hei," or smoky flavor that only comes from high-heat wok cooking. These skills will be useful for far more than the recipes in this book.

7. Accessible and Reasonably Priced

Wok cooking is not only economical but also versatile. The recipes in this cookbook use ingredients that are readily available at your local grocery store, with the goal of increasing flavor while lowering costs. You'll learn how to prepare restaurant-quality dishes without going over budget.

8. A Creative Expression Tool

Cooking with a wok encourages creativity and experimentation. Although this cookbook provides a suitable starting point, you can adapt the recipes to meet your dietary needs and personal preferences. Once you've mastered the fundamentals, the possibilities are endless.

9. A Culinary and Cultural Adventure

Each recipe in this cookbook includes not only instructions but also a story. Your admiration for the art of wok cooking will grow as you read through the pages and learn about the dishes' cultural significance and history. This connection to tradition adds meaning to every meal.

10. Intended for everyone

This cookbook includes recipes for any occasion, whether you're cooking for a large crowd, your family, or yourself. You'll find recipes to suit every taste and dietary need, from hearty one-pot entrées to crisp and light sides.

This cookbook focuses on adopting a quick, tasty, and satisfying cooking approach rather than simply learning how to cook with a wok. After experimenting with a few recipes, you'll see why wok cooking is so popular around the world. This cookbook is ideal for those seeking convenience, health, or culinary exploration. Allow it to serve as a guide as you set out to create delectable, inventive meals.

Chapter 1: Getting Started with Your Wok

Choosing the Right Wok for You

The wok is a versatile piece of culinary equipment that serves as the foundation for numerous recipes. Making the right wok selection is critical to the success of your culinary adventures. With so many options available, selecting the best wok for your needs can be overwhelming. This tutorial will go over the key elements to consider when selecting your ideal wok.

Substance Issues

The material of the wok impacts its durability, maintenance, and heat dispersion. Below is a list of the most popular materials and their features:

Carbon steel

Pros: It is lightweight, evenly distributes heat, and becomes naturally nonstick with proper seasoning.
Cons: It requires regular seasoning and maintenance to prevent rusting.

This dish is ideal for those who enjoy both classic and versatile wok cooking, catering to both beginners and experts.

Cast Iron

The product effectively regulates heat and ensures even cooking.

Cons: It weighs more than other materials and takes longer to heat up. Additionally, it requires seasoning and maintenance to prevent rusting.

This product is ideal for recipes that require a consistent heat and slow cooking.

Stainless steel

Pros: corrosion-resistant, low-maintenance, and long-lasting.

Cons: Inadequate heat distribution compared to cast iron and carbon steel may cause food to adhere. This solution is ideal for those looking for a long-lasting, easy-to-clean one.

Nonstick

One of its benefits is that it is simple to clean and prevents food from sticking.

Cons: The coating may eventually wear off, and it is not suitable for cooking at high temperatures.

This method works best for light cooking with minimal oil, but it's not the best way to achieve wok hei.

Aluminum

The product is lightweight and heats up quickly.
Cons: It warps at high temperatures and does not retain heat as well as other materials.

This recipe is ideal for those who prefer light equipment and casual cooking.

Shape & Size

The size and shape of the wok can significantly affect your cooking experience. Here's something to consider:

Woks with Round Bottoms

This product is suitable for both traditional wok cooking and gas stoves.

A wok ring is required to maintain stability on flat stovetops.

Woks have flat bottoms.

It works with modern electric and induction stovetops. The absence of a wok ring improves stability.

Size

A 12- to 14-inch wok is ideal for cooking at home. It's small enough to be manageable but large enough to stir-fry multiple items.

Smaller woks (8-10 inches) are ideal for single servings or situations with limited storage space.

Larger woks (16 inches or more) are ideal for cooking large quantities or with families.

Handles

Woks typically have one of two types of handles:

A single long handle:

Traditional Chinese woks include it.

It is ideal for high-heat frying and tossing foods.

It performs well in smaller woks.

Two Loop Handles or Short Handles:

Cantonese-style woks contain it.

Larger works are easier to move and transport.

Combination:

Some woks come with two handles, one long and one loop.

Thickness

The wok's thickness influences both its heating rate and its ability to retain heat.

Thin Woks:

Rapid heating can result in warping or uneven cooking. Perfect for new or infrequent users.

Thicker woks:

They distribute heat evenly and are less likely to warp. Ideal for frequent, high-heat cooking.

Maintenance and Seasoning

Seasoning is required to achieve a naturally nonstick surface on cast iron and carbon steel woks.

Nonstick woks and stainless steel are easier to clean, but they don't cook as well as traditional materials.

Cost and lifespan

Entry-Level Jobs: Affordable and suitable for beginners. They typically consist of aluminum or thin carbon steel.

Mid-Range Woks: Typically made of cast iron or carbon steel, these provide superior materials and durability.

Premium Woks: Built to last, these are frequently made with higher quality materials and construction.

Other features:

Lids: When steaming or cooking food, a lid is useful.

Accessories: Look for woks that include spatulas, wok rings, or steamer racks.

Induction Compatibility: If applicable, ensure that your wok is compatible with induction cooktops.

Choosing the right wok is a matter of personal preference, kitchen layout, and cooking style. A 12- to 14-inch carbon steel wok with a flat bottom is an excellent place to start for beginners. As you gain confidence and skill, you can experiment with new materials and techniques to improve your wok cooking experiences. If you have the right wok, you'll have no trouble learning how to use this timeless and versatile kitchen tool.

Getting Your Wok Ready for Cooking

To become an expert wok cook, start by properly preparing your wok. A well-prepared wok ensures that it will last for many years and improve the flavor of your food. These instructions will show you how to season, clean, and maintain your wok for the best cooking experience, whether you're using a new wok or restoring an old one.

How to Season Your Wok

The purpose of seasoning is to prevent rust and give your wok a naturally nonstick surface. This step is especially important for cast-iron and carbon steel woks. To season your wok, take these steps:

For a Fresh Start

1. You must remove the factory coating

To prevent rust, many modern woks have a protective coating. To remove this coating, thoroughly scrub the wok with hot water, light soap, and a scouring pad.

2. Be sure to thoroughly dry:

Place the wok on the stove and allow it to dry completely over low heat.

3. Oil seasoning:

Heat the wok on medium-high until light smoke appears. Add a small amount of high-smoke-point oil, like canola, vegetable, or peanut oil.

Using a paper towel or a heat-resistant brush, spread the oil evenly across the inner surface. Be careful not to get burned.

4. Warm the wok:

Keep the wok hot until the oil starts to smoke, then turn off the heat.

To remove excess oil, use a fresh paper towel.

Repeat the procedure two or three times to add another layer of seasoning. The wok's deeper patina will improve its nonstick properties with time.

For Experienced Workers:

If your wok has rusted or lost its seasoning, clean it with a scouring pad and then reseason it according to the instructions above.

Woke Cleaning

Cleaning your wok on a regular basis is essential for maintaining its seasoning and lifespan. After cooking, follow these steps to clean your wok.

To Clean Lightly:

After thoroughly rinsing the wok with warm water, gently scrub it with a soft sponge or brush.

Avoid soap, as it can remove the seasoning.

In case of stubborn residue:

Fill the wok with warm water and bring to a boil to release any trapped food.

- Using a wok brush or wooden spatula, gently scrape off any remaining residue.

Drying Right Away:

After cleaning the wok, place it on the stove over low heat to dry completely.

Spread a thin layer of oil.

To prevent rust, apply a small amount of oil to the surface of the wok after it has dried.

Preheat your wok before you start cooking

Always warm your wok before adding ingredients to ensure even cooking and prevent food from sticking. Here's how.

1. Turn the heat to medium-high and place the wok on the stove.
2. A few drops of water sprayed on the wok's surface should almost immediately evaporate as it heats up.
3. Coat the wok evenly with oil, swirling it around. Once the oil has shimmered, add the ingredients.

This preheating phase is critical for achieving the high-heat cooking required for wok hei, the distinctive smoky flavor associated with authentic wok cuisine.

Keep Up Your Work

If you properly maintain your work, it will continue to be a reliable tool for many years. Follow these guidelines:

Avoid abrasive cleaners.

To preserve the seasoning, use gentle cleaning techniques.

Dry completely after cleaning:

Allowing your wok to air dry may cause it to rust.

Store properly:

To avoid scratches, store your wok in a dry place, preferably hanging or covered in paper towels.

Taking Care of Rust

If your wok begins to rust, do not worry; you can still use it. Here's how.

1. To scrub the corroded area, use a mild soap and a scouring pad.
2. Rinse and completely dry the wok.
3. To reseason the wok, follow the instructions provided above.

Eventual Seasoning

The more you use your wok, the better it gets. Regular cooking produces a darker, inherently nonstick surface, which aids in the development of seasoning. Boiling acidic ingredients (such as vinegar or tomatoes) in your wok during the initial seasoning step can remove the seasoning layer.

To maximize your wok's use, prepare it for cooking. Seasoning, cleaning, and maintaining your wok will ensure that it remains a useful and long-lasting piece of culinary equipment. Good woks enhance the flavor of your food and connect you to the rich history of wok cooking. Maintaining your wok in good condition will reward you with an abundance of delicious meals.

Required Equipment and Pots and Pans for Wok Cooking

In wok cooking, the equipment is just as important as the technique. Using the appropriate tools speeds up and improves food quality. This tutorial covers the essential equipment that every wok fan should have, whether they are new to wok cooking or looking to improve their setup.

1. The Wok

Of course, the wok takes center stage during wok cooking. Here's a quick overview of what to look for: Carbon steel is the most popular material due to its heat conductivity and durability.

Size: For residential kitchens, a 12- to 14-inch wok is ideal.

Shape: Round-bottomed woks work well with gas burners, while flat-bottomed woks are best for modern stovetops.

2. Chuan Wok Spatula

A wok spatula, also known as a "chuan," fits perfectly against the wok's curved sides. Among its characteristics are:

The long handle protects your hands from the heat.

The curved edge is ideal for tossing and swirling ingredients around the curves of the wok.

Material: For nonstick woks, choose bamboo or wood, while stainless steel is more durable.

3. Wok Ladle

Another essential tool is a wok ladle, which is especially useful for making sauces, soups, and stir-fries. Its deep, rounded shape allows for simple pouring and scooping while also complementing the wok's appearance.

4. Metal or bamboo steamer

A bamboo or metal steamer is required if you plan to steam food in your wok. You can cook vegetables, buns, and

dumplings in these stackable baskets that fit neatly into a wok while retaining their natural flavors.

Bamboo Steamers: Infuse dishes with a subtle woody scent while adding a touch of history.

Metal steamers are the best option for heavy-duty steaming because they are both durable and simple to clean.

5. Spider Skimmer

A spider skimmer is an essential tool for blanching and deep frying. Its broad, mesh-like architecture enables the following tasks:

Food can be easily scooped out.

Quickly drain any excess water or oil.

Avoid shattering delicate substances.

Choose a skimmer with a durable frame and a long handle for safety.

6. Tongs

Tongs are a useful tool for gently turning and manipulating foods such as noodles, greens, and delicate proteins. To keep your hands safe, use long, heat-resistant tongs.

7. Wok Brush

Keep your wok clean and seasoned. Use a bamboo-made wok brush to gently scrub the wok without damaging the seasoning layer. After cooking, rinse the wok with warm water.

8. Lid Wok

A wok lid is required to steam, simmer, and retain heat. This lid converts your wok into a versatile cooking vessel for preparing food while covered. Seek out.

Materials: Glass or stainless steel.

Make sure it fits snugly over your wok.

9. Chopsticks (duration of cooking)

Extra-long chopsticks are useful for flipping, tossing, and stirring small things in a wok. They protect your hands from heat while providing control and accuracy.

10. Oil Dispenser

Wok cooking frequently requires the addition of small amounts of oil. An oil dispenser with a spout allows you to pour precisely the right amount of oil without making a mess.

11. Thermometer

Use a thermometer to monitor the oil's temperature during deep-frying. Maintaining the appropriate temperature ensures crisp results without burning.

12. Cups and Spoons for Measurement

Achieving the perfect flavor balance in wok dishes requires precision. Keep measuring tools handy to precisely portion sauces, oils, and seasonings.

13. Knife and cutting board

Wok cooking requires careful planning. A strong cutting board and a sharp chef's knife are required for evenly chopping vegetables, meats, and aromatics.

14. Bowls for Mixing

A set of mixing bowls makes it easier to arrange ingredients prior to cooking. Use them to mix recipes ahead of time, marinate foods, or toss vegetables.

15. Wok Ring (woks with round bottoms)

A wok ring is required when cooking in a round-bottomed wok on a flat stovetop. It ensures even heating while cooking and stabilizes the wok.

Additional Resources for Sophisticated Wok Cooking

Cleaver: Use this all-purpose knife to chop, slice, and even crush ginger or garlic.

Before stir-frying, use a mallet to soften the meat.

Food Processor: speeds up the preparation of sauces, ground proteins, and minced aromatics.

Having the right equipment in your kitchen is critical for becoming an expert wok cook. Every item on this list is essential for boosting your culinary creativity and efficiency. Purchasing these necessities will allow you to confidently tackle any recipe while serving the authentic flavors of wok cooking.

Essential Ingredients for Wok Recipes

Wok cooking is well-known for its quick preparation, versatility, and rich flavors. Using the right components is equally important to success as perfecting procedures. Having these basic ingredients on hand can help you take your wok recipes to new heights, whether you're making a traditional stir-fry or experimenting with fusion dishes.

1. Basic Aromatic Ingredients

Many wok meals rely on aromas to add depth and complexity to the flavors. Typically, infuse the oil with the following components first:

Garlic imparts a flavorful and strong kick to your food. For best results, use freshly minced fresh garlic.

The flavor of ginger is warm and peppery. Peel and chop into thin slices or julienne for marinades and stir-fries.

Green onions, also known as scallions, are a versatile and slightly sweet vegetable that can serve as a base or a garnish.

Shallots are a milder, sweeter alternative to onions, making them ideal for delicate dishes.

2. Proteins

Often heated quickly to retain moisture and flavor, a wok can cook a variety of proteins. Popular choices include:

To ensure even cooking, cut the boneless, skinless chicken pieces into thin strips.

Beef: Select tender cuts like sirloin or flank steak, sliced thinly against the grain.

Seafood: Fish, shrimp, and scallops cook quickly and pair well with mild sauces.

Tofu: Tofu is a plant-based alternative that absorbs flavors from seasonings and sauces. For stir-frying, use firm or extra-firm tofu.

People frequently use eggs to enhance the texture and richness of noodle and fried rice dishes.

3. Vegetables

The use of vibrant, fresh vegetables is what distinguishes wok cuisine. To ensure even frying, cut them into uniform pieces. Among the staples:

Bell peppers add both crispness and sweetness to stir-fries. Broccoli is a popular choice because of its ability to retain sauces while adding texture.

To achieve the perfect balance of crunch and sweetness, thinly slice or julienne the carrots.

Snow peas, also known as sugar snap peas, are naturally sweet and easy to prepare.

Mushrooms: Types like button, oyster, and shiitake mushrooms add delicate texture and umami.

Cabbage: Bok choy, or napa, is excellent for steaming and stir-frying.

Bean Sprouts: Try them in a quick stir-fry or as a traditional topping for a crunchy texture.

4. Rice and noodles

Wok recipes frequently use carbohydrates as a base, allowing them to absorb the rich flavors of herbs and sauces.

Rice: To prevent clumping, use cooked, day-old rice in fried rice recipes.

Rice noodles are perfect for stir-fried noodle bowls and Pad Thai.

Egg noodles are chewy and versatile, making them perfect for lo mein and chow mein.

Glass Noodles: Made from mung beans, these translucent noodles are delicious in soups and stir-fries.

5. Seasonings and sauces

A balance of savory, sweet, salty, and spicy flavors is required for wok cooking. These essential ingredients are necessary for making authentic sauces.

Soy sauce, a staple of Asian cuisine, comes in light, dark, and low-sodium varieties.

The addition of oyster sauce to stir-fries gives them a deep, delicious flavor.

Hoisin sauce is a sweet and tangy marinade and sauce ingredient.

Fish sauce is a potent condiment that enhances umami

sensations.

After cooking, drizzle with sesame oil for a nutty flavor and aroma.

Chili Paste or Sauce: Increases complexity and intensity. Gochujang, sambal oelek, and sriracha are additional options.

Rice Vinegar balances flavors by adding brightness and acidity.

Cornstarch: You can use cornstarch to give proteins a velvety texture or to thicken sauces.

6. Garnishes and herbs

Fresh herbs and garnishes add vibrancy and finishing touches to dishes.

Cilantro: Improves freshness and complements a wide range of Asian flavors.

Basil: Thai basil, a favorite in wok cooking, has an anise-like fragrance.

Sesame Seeds: Toasting the seeds produces a nutty flavor and texture.

Squeeze lime wedges over food to add a zesty twist. People commonly use crushed peanuts to add crunch to noodle dishes such as Pad Thai.

7. Cooking Oils

Using the right oil is essential when cooking in a wok over high heat. Select oils with high smoke points, such as:

Peanut oil is a common choice due to its high smoke point and neutral flavor.

Vegetable oil is widely available and adaptable.

Canola Oil: An inexpensive and flavorless option.

8. Special components

Stock up on these distinctive goods for more authentic flavors:

Fermented black beans are popular in stir-fries and sauces because they are both tasty and salty.

Rehydrate the dried shiitake mushrooms to enhance their umami flavor.

Pickled Vegetables: Add flavor and texture to stir-fries. The Chinese Five-Spice Powder contains star anise, cloves, cinnamon, Sichuan pepper, and fennel seeds.

The first step toward becoming an expert wok cook is to have the necessary ingredients on hand. Stocking your pantry with these essentials will always prepare you to cook delicious, authentic meals. These items will ensure that your wok creations are consistently successful, whether you're preparing a quick stir-fry or experimenting with new ideas.

Chapter 2: Skills to Master Before Cooking

Using Knives for Wok Cooking

Effective wok cooking requires knife proficiency. Wok cooking's quick, high-heat cooking method necessitates accuracy, consistency, and efficiency in ingredient preparation. Using knives correctly ensures even frying, improves the appearance of your food, and increases the overall enjoyment of wok cooking. This guide will go over the fundamental methods, equipment, and tips for becoming proficient with knives in wok cooking.

1. Crucial Cutlery for Wok Cooking

Even if you don't need a large collection, having the appropriate knives for the job is essential.

The chef's knife is a versatile tool for most chopping, dicing, and slicing operations.

Cleaver (Chinese Chef's Knife): You can use it to crush garlic, slice proteins, and chop vegetables, making it an excellent tool for wok cooking.

Paring Knife: This knife is ideal for delicate, small-scale tasks like chopping or peeling.

Utility Knife: This knife is lighter and more compact, making it ideal for chopping medium-sized foods.

2. Wok Cooking Knife Techniques

“Cutting”

Usage: You can use it to chop beef, poultry, and vegetables like bell peppers and mushrooms.

Technique: Use even, smooth strokes while holding the knife at a slight angle. To ensure softness, cut proteins against the grain.

“Chopping”

Usage: Use it for veggies like carrots and zucchini, along with aromatics like onions, garlic, and ginger.

Technique: Cut the ingredient into thin strips first, then chop into uniformly small cubes.

“Julienne”

This method produces thin, matchstick-like strips of cucumbers, bell peppers, or carrots.

Method: After stacking evenly sliced slabs, cut the vegetable into thin strips.

“Chopping”

It is suitable for coarsely chopped herbs and vegetables such as cilantro, bok choy, and cabbage.

Technique: Rock the knife while keeping the tip attached to the cutting board.

“Mincing”

For finely chopped aromatics like ginger, garlic, or chili peppers, use the method.

Method: Using a chef's knife or cleaver, move the blade quickly and deliberately while holding the handle firmly.

“Crushing”

Usage: Before adding the ginger or garlic to the pan, release their flavors.

Technique: Firmly press down on the ingredient with the flat side of a chef's knife or cleaver.

3. Equality is Crucial

Maintaining consistency in size and shape is critical for successful wok cooking.

Equally sized ingredients cook more evenly, preventing overcooked or undercooked portions.

Thin, even slices ensure quick cooking and consistent texture.

Choose bite-sized chunks for stir-fries that are simple to pick up with a fork or chopsticks.

4. Guides for Knife Safety

Use a Sharp Knife: A dull knife is difficult to use and increases the likelihood of slippage. Keep your blades sharp and honed.

Place a moist towel or non-slip pad underneath your cutting board to prevent it from moving.

Hold the knife handle firmly and guide the food with your other hand, curling your fingers inward to protect them.

Cut away from the body. Always cut in a way that will protect it.

5. Protein-Specific Advice

For easier slicing, partially freeze the meat for 15 to 20 minutes. This will firm up the texture, making it easier to slice thinly.

Trim Excess Fat: To ensure even cooking and a neat appearance, trim any excess fat or connective tissue.

6. Keep your knives in good condition.

To keep the blade's edge sharp, use a knife sharpener or whetstone on a regular basis.

Hone Frequently: To achieve smoother cutting, correct the edge with a honing steel.

Clean and Store Correctly: To avoid damage, hand wash knives and store them in a knife block or magnetic strip.

7. Buy high-quality cutting boards.

In addition to protecting your blades, a solid cutting board provides a stable platform for precise cutting. Think about these options:

Wood: Strong and soft on knife edges.

Bamboo: Environmentally friendly and long-lasting.

Plastic: Suitable for raw proteins, it is lightweight and simple to clean.

8. It takes practice to become perfect.

Practice makes perfect with a knife. Set aside time to learn the methods and experiment with different ingredients. Over time, your knife skills will improve in terms of confidence, speed, and accuracy.

Developing knife skills is an important aspect of wok cooking. You can ensure that your ingredients are ready to cook quickly and evenly by using the proper equipment, methods, and prep. If you practice your knife skills, you will improve your wok meals and enjoy the process of making them.

Mise-en-Place Art Form

The art of mise en place (pronounced "meez on plahs") is essential in wok cooking, where quick preparation and high heat are required. Its French translation, "everything in its place," describes the practice of organizing and preparing all equipment and ingredients prior to cooking. Anyone aspiring to be an expert wok cook must understand this fundamental concept: it is not just for experienced chefs. This is an in-depth guide to kitchen mise en place that will help you understand and practice.

1. The Role of Mise en Place in Wok Cooking

Effectiveness and Speed: Wok cooking is fast. With mise en place, you can focus on cooking without interruption.

Consistency: Getting ingredients ready ahead of time ensures even cooking and consistent results.

Stress-Free Cooking: Having everything ready at the last minute reduces last-minute rushing and the possibility of missing steps.

Improved Creativity: Organizing all of the ingredients makes it easier to experiment and change flavors while cooking.

2. Mise-en-Place Mastery Steps

Step 1: Before you begin, make sure to read the entire recipe. To avoid surprises when you start cooking, make sure you understand the ingredients, procedures, and equipment.

Step 2: Combine the Ingredients.

Combine all of the ingredients specified in the recipe. This includes:

- Proteins (including beef, chicken, and tofu)
- Vegetables
- Fragrances (e.g., garlic, ginger, green onions).

-Seasonings and sauces.

3. Prepare the ingredients

Wash: Rinse herbs and vegetables thoroughly. Trim and peel the ingredients, removing any stems, skins, or undesirable pieces.

Slice and dice: Chop ingredients according to the recipe's dimensions. Uniform pieces promote even cooking.

For easy storage, portion out sauces, oils, and seasonings into small bowls or containers.

4. Place in Use Order

List your ingredients in the correct order for the wok on the countertop. To speed up the cooking process, arrange vegetables, aromatics, and proteins in separate groups.

Prepare Equipment: Make sure your utensils, wok, and any other tools (such as tongs, steamer racks, or spatulas) are clean and easily accessible. Preheat your wok before you begin cooking.

Important Tips for Mise en Place: Use small bowls and containers. A set of prep bowls will help you organize and separate your measured ingredients.

Identify ingredients as needed: To avoid confusion, identify any unknown sauces or spices you're working with.

To reduce mess during preparation, keep a garbage dish or bag nearby to collect scraps.

Practice Knife Skills: Proper chopping and slicing saves time and ensures accuracy.

Mise en place in wok cooking: An application.

Because wok cooking is a fast-paced technique, mise en place is essential. Here's how it works.

Aromatics First: Typically, you add aromatics like green onions, ginger, and garlic to a heated wok first. Assemble

and place them in the center of your mise en place arrangement.

Veggies and Proteins: Typically, vegetables come after proteins. To ensure smooth transitions, arrange these elements in separate groups.

Sauces and spices: When possible, prepare the sauces and spices ahead of time so that you can add them without interrupting the cooking.

5. Typical Errors to Avoid

Skipping Mise en Place: Cooking without first preparing can result in overcooked or unevenly cooked foods.

Ignoring Order: Incorrect ingredient addition may cause flavors and textures to shift.

If you leave ingredients out in the open for an extended period of time, they may lose their freshness due to

improper storage. If necessary, wrap or refrigerate the items.

6. Advantages of Wok Cooking

The concept of mise en place goes beyond wok cooking. It's useful for baking, grilling, and other types of cooking. Putting mise en place into practice improves cooking enjoyment, increases organization, and reduces stress.

Successful wok cooking is dependent on the ability to prepare ingredients ahead of time. Preparing and arranging your ingredients ahead of time allows you to fully enjoy the speed and excitement of wok cooking without any interruptions. Mise en place will become second nature with time, making your kitchen a more functional and enjoyable space. If you devote time to becoming an expert in this craft, you will notice a difference in every dish you prepare.

Mastering Wok Heat: Discovering the Secrets to Exceptional Wok Cooking

To create authentic, tasty foods, you must master the wok's heat, which is an incredible tool. Wok heat mastery refers to the ability to regulate temperature, know when to change heat levels, and use high-heat cooking methods to produce the distinct flavors and textures of wok-cooked food. This tutorial will go over the fundamental concepts and methods of wok heat mastery.

1. High Heat's Significance

The foundation of wok cooking is high heat. It permits:

Quick Cooking: The rapid cooking method preserves nutrients and natural flavors in the ingredients.

Wok Hei: Cooking at high heat produces the elusive "breath of the wok," or caramelized, smokey flavor.

Proteins and vegetables have crispy outsides and delicate insides thanks to a technique known as "textural contrast."

2. Understanding Heat Zones

The wok's design generates natural heat zones.

Direct heat concentrates at the bottom of the wok, known as the "Hot Zone". This is ideal for stir-frying and searing. You can move the ingredients to the "Medium Zone," or sloping sides, to reduce heat exposure while maintaining warmth.

Cool Zone: The upper edges provide a place for fully cooked or delicate foods to rest.

3. Heating up your wok

Always preheat your wok before adding ingredients or oil. Here's how.

1. Bring the wok to a high temperature.
2. It typically takes 1-2 minutes to see the first thin wisps of smoke rise from the surface.

3. Use a drop of water as a test; it should evaporate quickly.

Proper preheating prevents sticking and ensures even cooking.

4. Choosing the appropriate heat source.

Gas burners are ideal for traditional round-bottomed woks due to their high heat output and open flames.

Electric Stovetops: Flat-bottomed woks work well, but gas heat is harder to achieve.

Induction burners provide consistent heat, but compatibility may necessitate a wok with a magnetic bottom.

To achieve true wok hei, specialized high-output burners are the best option.

5. Controlling Heat While Cooking

You must continuously monitor the heat levels when cooking in a wok. Here's how to properly manage heat:

High Heat for Stir-Frying: To get a crisp, charred surface, begin by searing proteins and vegetables over high heat.

After searing the proteins, reduce the heat to medium and allow the sauces to simmer or mix the ingredients.

Low Heat for Simmering: Reduce the heat as needed for longer-cooking recipes, such as curries or braises.

6. Ingredients are organized by cooking time.

To avoid overcooking or undercooking, arrange the ingredients in the wok in the proper order.

Aromatics: To flavor the oil, we first add garlic, ginger, and onions.

Proteins: Cook until lightly browned, then set aside or remove for a few minutes.

Vegetables: Place softer vegetables like bell peppers or mushrooms after harder ones like broccoli or carrots.

Sauces: Add sauces at the end to prevent scorching and ensure that the ingredients are evenly coated.

7. Use Smoke as a Cue

Light smoke indicates that the wok is hot and ready to cook.

Heavy smoke indicates that the wok has overheated. To avoid burning the ingredients, reduce the heat or remove the wok from the burner for a short period of time.

8. Guidelines for Reaching Wok Hei

The distinct smoky flavor of wok cooking—wok hei—requires skill and practice.

High Heat: Use your stove's maximum heat setting.

Oil Timing: Before adding the ingredients, heat the wok and add the oil until it shimmers.

Continuous Movement: To prevent burning, toss and stir items frequently.

Small Batches: Avoid packing the wok too full, as this can reduce the heat and cause steaming rather than searing.

Dry Ingredients: To maximize caramelization, ensure that the vegetables and proteins are completely dry before adding them to the pan.

9. Typical Errors to Avoid

Ignoring the preheating stage causes sticking and uneven cooking.

Overcrowding: Adding too many ingredients at once reduces the heat, resulting in steaming rather than stir-frying.

Using the Wrong Oil: Use high-smoke-point oils such as vegetable, canola, or peanut. Avoid using olive oil or other oils with a low smoke point.

Inconsistent Heat Levels: Keep a constant temperature and only adjust as needed based on the cooking stage.

10. Working on Mastering Wok Heat

Practice is the key to mastery. Begin with simple stir-fry dishes to develop an understanding of ingredient timing and heat management. Experiment with high-heat methods to achieve wok hei and progress to more complex recipes as your confidence grows.

The key to unlocking the full potential of this versatile cooking tool is mastering wok heat. You can elevate your wok recipes to restaurant-quality levels by learning how to control heat, layer ingredients, and use high-heat cooking methods. By following these guidelines, you can make the wok your go-to tool for preparing delicious, authentic food.

Chapter 3: Building Blocks of Flavor

Essential Aromatics

Aromatics, the unsung heroes of wok cooking, provide the savory foundation that elevates ordinary dishes to spectacular levels. These ingredients, added at the beginning of the cooking process, give oil its deep, aromatic flavors and serve as the foundation for a variety of wok recipes. In addition to some less popular but equally potent options, let's look at important aromatics like garlic, ginger, and scallions and learn how to use them effectively.

1. Garlic

When cooked, the flavors are savory, pungent, and slightly sweet.

Preparation: According to the recipe, peel the cloves before cutting, slicing, or smashing them.

Cooking Tips: To provide flavor early in the procedure, add garlic to boiling oil.

Stir frequently to avoid scorching, as overcooking can make garlic bitter.

Common Uses: Garlic complements ginger and soy-based flavors and is a staple in stir-fries, fried rice, and sauces.

2. Ginger

The flavor profile is aromatic, warming, and slightly peppery.

Preparation: Using a spoon or knife, remove the skin and then mince, julienne, or slice.

Cooking Tips: For the best flavor, use fresh ginger; powdered or dried ginger lacks the intensity needed for wok cooking.

Add ginger to the oil after or in addition to the garlic to create a well-balanced aromatic base.

Common Uses: Ginger complements both savory and sweet flavors and is a must-have in soups, stir-fries, and marinades.

3. Green onions or scallions

The flavor profile is mild, mildly sweet, and slightly oniony.

To prepare, finely slice the green and white halves, keeping them separate. You can best use the greens as a garnish, while the white portions are more substantial.

Cooking Tips: If you prefer a stronger flavor, add the white pieces first.

Once the cooking process is complete, reserve the green tops for garnish.

You can use scallions in soups, fried rice, stir-fries, and as a garnish to add freshness.

4. Additional Vital Fragrances

shallots

The flavor profile is mild, sweet, and slightly garlicky.

Preparation: Peel, mince, or thinly slice.

As with garlic, add shallots early to create a sweet, aromatic base that is delicate.

Frequently Used: Perfect for marinades, sauces, and stir-fries.

Chilies

The flavor profile varies by variety but is crisp and spicy. To reduce the heat, remove the seeds and thinly slice or mince.

Sauté the chilies early in the cooking process to add a strong, spicy kick.

Common Applications: Ideal for Thai-inspired recipes or spicy dishes such as Sichuan stir-fry.

Lemongrass

The flavor profile is citrusy with a hint of florality. To release the oils, chop or bruise the stalk after removing the tough outer layers.

Cooking Tip: Steep whole stalks in broths for a fragrant base, or add to heated oil early to infuse.

Uses: Southeast Asian cuisine, including stir-fries and Thai curry, frequently incorporates this ingredient.

Leeks From China

The flavor profile is more intense and garlicky than onions.

Preparation: Rinse thoroughly and cut thinly.

Chef Tip: Use the white and green sections like onions. This product is ideal for stir-fries and noodle dishes.

5. Mixing fragrances

Aromatics frequently complement one another, creating layers of flavor for richness and depth. Some of the traditional pairings are:

The holy trinity of Chinese cuisine, garlic, ginger, and scallions, provides a solid foundation.

Garlic and Chilies: A potent combination for spicy stir-fries.

Thai and Vietnamese cuisine frequently uses lemongrass and shallots to provide a sweet and zesty flavor.

6. Aromatic Cooking Advice

Preheat Your Oil: Ensure that the oil is sufficiently heated to release the fragrances of the aromatics without burning them.

Stir constantly to prevent the aromatics in the wok from burning.

Adjust the timing by introducing stronger aromatics, such as lemongrass or chiles, later for balance and more delicate ones, such as garlic, earlier for infusion.

7. Storage Advice

Garlic and Ginger: To keep them fresh, store them in the refrigerator or in a cool, dry place.

Leeks and scallions: Place in the refrigerator's crisper drawer after wrapping in a moist paper towel.

To preserve the flavor of lemongrass, freeze the entire stem.

Aromatics are at the heart of wok cooking, transforming simple ingredients into flavorful dishes. Learning how to use garlic, ginger, onions, and other ingredients can lead to a plethora of flavorful, aromatic dishes. Try different combinations of these ingredients and let their flavors permeate everything you cook in your wok.

Sauces and Condiments: A Comprehensive Look at Taste Enhancers

Sauces and seasonings serve as the foundation for wok cooking, transforming basic ingredients into flavorful dishes. These flavor enhancers, which range from spicy chili pastes to savory soy sauce, are necessary for creating dishes that are both authentic and delicious. Knowing how to use and combine these key ingredients will elevate your wok cooking to new heights. Let's look at the unique characteristics, applications, and tips for increasing the impact of sauces and condiments.

1. Soy sauce

Soy sauce, an Asian cooking staple, adds umami depth and saltiness to a wide range of dishes.

Differences: People use light soy sauce to enhance and season food because it has a lighter color and a saltier flavor.

To add color and richness, use dark soy sauce, which is thicker, slightly sweeter, and darker.

Low-Sodium Soy Sauce: A less salty, healthier option. Common uses for this product include marinades, dipping sauces, stir-fries, and table condiments.

Tip: To balance color and flavor in your dishes, use both light and dark soy sauce.

2. The oyster sauce

Oyster sauce is an essential ingredient for stir-fries and glazing because it is rich, salty, and slightly sweet. A strong umami taste and a hint of sweetness distinguish the flavor profile.

This product is ideal for braises, noodle dishes, and stir-fried vegetables.

Because it's so concentrated, use it sparingly. A small amount has a significant impact.

3. Hoisin Sauce

Hoisin sauce, also called "Chinese barbecue sauce," is acidic, sweet, and versatile.

The flavor profile is savory and sweet, with a touch of spice and garlic.

Marinades, glazes, stir-fries, and dipping sauces are all common applications.

For a well-balanced flavor profile, combine hoisin sauce with rice vinegar or soy sauce.

4. Fish Sauce

Fish sauce, a staple of Southeast Asian cuisine, provides a strong umami and salty flavor.

The flavor profile is umami-rich, salty, savory, and slightly fishy.

Soups, dipping sauces, salads, and stir-fries are all common applications.

To avoid overindulging, start with small portions and adjust with sugar or lime juice.

5. Pastes and Sauces Made with Chilis

Chili pastes and sauces, which range from mild to hot, add depth and spice to wok dishes.

Differences: Sriracha is a versatile sauce with a hint of sweetness and a pleasant spicy flavor.

The chunky chili paste known as sambal oelek provides both heat and flavor.

Gochujang is a fermented, mildly sweet Korean chili paste.

Common uses for this ingredient include marinades, dipping sauces, stir-fries, and as a finishing condiment.

Tip: Make a quick stir-fry sauce by combining chili paste, soy sauce, garlic, and sugar.

6. Sesame Oil

More often than not, people use sesame oil as a finishing touch to add a nutty flavor and aroma.

The flavor profile is nutty, toasted, and rich.

Common Uses: Mix into marinades, sauces, or drizzle over finished foods.

To maintain the delicate flavor, add sesame oil near the end of cooking.

7. Vinegar for Rice

Rice vinegar is a mild, slightly sweet vinegar that adds brightness and acidity to food.

The flavor profile is slightly sweet, tangy, and light.

Marinades, pickles, salad dressings, and stir-fry sauces are some of the most common applications for this product.

Rice vinegar can help balance out the saltiness of fish or soy sauce.

8. Black Bean Sauce

Fermented black soybeans give this sauce a strong savory flavor with a hint of saltiness.

The flavor profile is defined by a strong umami and a hint of bitterness.

Stir-fries, noodle dishes, and sauce bases are among the most common applications.

Tip: For a traditional flavor combination, add scallions, ginger, and garlic.

9. Fermented Chili Bean Paste or Doubanjiang

Doubanjiang, a staple of Sichuan cuisine, is known for its umami-rich, salty, and spicy flavors.

The flavor profile is savory and spicy, with a nuanced depth derived from fermentation.

Mapo tofu, Sichuan stir-fries, and hot pot bases are common applications.

Its strong flavor can quickly overpower a meal, so use it sparingly.

10. Plum Sauce

People commonly use this tart and sweet sauce as a glaze or dipping sauce.

The flavor profile is fruity, sweet, and slightly tangy.

Common Applications: Dipping sauces for spring rolls, meat glazes, and stir-fries.

Tip: For a quick marinade, combine ginger and soy sauce.

11. Kecap Manis Sweet Soy Sauce

Kecap manis, a popular thick, sweet soy sauce in Indonesian cuisine, adds depth and sweetness.

It has a sweet, salty, and slightly caramel-like flavor profile.

Marinades, rice dishes, and stir-fried noodles are among the most common applications.

Use this as the final step to make a sweet-savory glaze.

12. Peanut Sauce

Peanut sauce is popular for dipping and as a base for noodle dishes because it is rich and creamy.

The flavor profile is savory, nutty, and slightly sweet.

Common Applications: Satay marinades, dipping sauces, and stir-fry sauces.

Dilute with water or coconut milk to achieve a lighter consistency.

13. Shaoxing Wine

Shaoxing wine, a Chinese cooking wine, adds depth and complexity to wok-cooked dishes.

The flavor profile is slightly nutty, sweet, and tangy.

Marinades, stir-fries, and sauces are some of the most common uses.

A splash will enhance the overall flavor and deglaze the wok.

Mixing Sauces to Get the Best Flavor

To make a balanced sauce, combine sour, sweet, salty, and spicy ingredients.

Layer Sauces: To achieve depth, begin with lighter sauces (such as soy sauce) and progress to richer ones (such as oyster sauce).

Try combining different sauces to make your own unique flavor combinations.

The key to creating flavorful wok dishes is to become an expert in sauces and condiments. From the fiery heat of chili paste to the salty richness of soy sauce, these ingredients add personality and complexity to any meal. Stock your pantry with these ingredients to make authentic and remarkable wok creations.

Proteins, Vegetables, and Grains

You can prepare delicious, well-balanced meals with a variety of ingredients using the wok, a versatile cooking tool. However, not all grains, vegetables, and proteins are suitable for wok cooking. You can create dishes with the ideal texture, flavor, and appearance if you understand which ingredients work best and why. Let's look at the best grains, vegetables, and proteins for wok cooking, as well as how to use them most effectively.

Proteins

The ability of wok cooking to quickly sear foods while retaining flavor and softness is well known. Here are the top options for protein:

1. Chicken

Why It Works: Chicken absorbs flavors from marinades and sauces well, is quick to prepare, and is versatile.

To ensure even cooking, thinly slice skinless, boneless chicken thighs or breasts.

Here are some tips: Marinate in soy sauce, ginger, and garlic to enhance the flavor.

Cook over high heat to achieve a golden sear that does not dry out.

2. Beef

The rich flavor of beef pairs well with strong sauces and stir-fry seasonings, which is why it works.

Useful Cuts: Cut flank steak, sirloin, or ribeye into thin slices against the grain.

Here are some tips: To make chopping beef easier, partially freeze it.

Add cornstarch to the marinade to create a velvety texture.

4. Seafood

Why It Works: The high heat of a wok quickly cooks seafood while retaining its delicate flavor.

The best choices are firm seafood such as salmon or cod, calamari, scallops, and shrimp.

Here are some tips: Pat dry the fish before cooking to ensure a perfect sear.

To prevent overcooking, add the seafood near the end of the cooking time.

5. Tofu

Why It Works: Tofu is an excellent plant-based protein because it absorbs flavors from sauces and seasonings.

Silken tofu is ideal for soups and braised dishes, while firm or extra-firm tofu is best for stir-frying.

Here are some tips: To improve browning, press the tofu to remove any excess moisture.

To achieve a crispy exterior, gently coat the tofu in cornstarch.

Vegetables

Vegetables are essential in wok cooking because they provide nutrition, color, and texture. The best vegetables are those that cook quickly but maintain their structure.

1. Cauliflower and Broccoli

Why They Work: They absorb sauce and have a strong texture that can withstand high temperatures.

Here are some tips: To ensure even frying, cut into tiny florets.

Before stir-frying, blanch briefly to speed up the cooking process.

2. Bell peppers

Why They Work: Stir-frying heightens their natural sweetness.

Here are some tips: Slice thinly so that it cooks faster. For a well-balanced meal, add proteins such as shrimp or chicken.

3. Sugar Snap Peas and Snow Peas

Why They Work: These peas provide a delightful crunch and cook in seconds.

Here are some tips: Cut the strings to improve the texture. Add them near the end of cooking to keep them crisp.

4. Mushrooms

Why They Work: Mushrooms add meaty texture and umami flavor to wok recipes.

The best varieties of mushrooms are button, oyster, and shiitake.

Here are some tips: Cooking the mushrooms first helps concentrate their flavors and release moisture.

5. Greens with leaves

Why They Work: Greens that absorb sauce well, such as spinach and bok choy, wilt rapidly.

Here are some tips: Separate the leaves and stems; boil the stems first to ensure uniform doneness.

Use a high temperature to prevent sogginess.

6. Zucchini and Carrots

Why They Work: They withstand stir-frying well, and their natural sweetness complements savory sauces.

Here are some tips: To ensure even cooking, thinly slice or julienne.

For added flavor, combine with aromatics such as ginger and garlic.

Grains

Grains act as a base for many wok-cooked dishes, absorbing the flavors of sauces and aromatics.

1. rice

Why It Works: Rice is an essential ingredient in wok cooking, especially in fried rice recipes.

The best varieties include day-old cooked rice, basmati, and jasmine.

Here are some tips: For the best fried rice texture, use cold, day-old rice.

Break up any clumps before adding them to the wok.

2. Noodles

Why They Work: Noodles add texture to recipes like chow mein and lo mein while also absorbing sauce.

The best types are udon, rice noodles, and egg noodles.

Here are some tips: To keep the noodles from sticking, cook them until just soft, then rinse them in cool water. To prevent overcooking, quickly toss in the wok.

3. Quinoa and other grains

Why They Work: Grains such as farro and quinoa give traditional wok dishes a modern twist.

Here are some tips: Make sure to thoroughly cook the grain before stir-frying.

Use sparingly to complement vegetables and proteins.

Ingredient Balancing

It is critical to maintain balance when combining grains, vegetables, and proteins in a wok.

Texture: For contrast, combine crunchy and soft foods.

Cooking Time: Gradually add ingredients, starting with the ones that require the most time to prepare.

Flavor: To achieve balance, mix strong sauces with delicate ingredients.

Fresh, high-quality ingredients that can withstand high temperatures and cook quickly are essential for wok cooking. By choosing the right proteins, vegetables, and grains, you can create delicious, nourishing, and texture-rich dishes. Try different combinations of these ingredients, and let the wok's versatility inspire your next culinary masterpiece.

Chapter 4: Wok Cooking Techniques

The wok's adaptability allows you to use it with a variety of cooking methods. The wok's unique design makes it ideal for bringing out strong flavors and textures while deep-frying, stir-frying, steaming, boiling, braising, or even smoking. This tutorial will go over the six fundamental techniques, how to apply them, and why they are so effective in the workplace.

Stir-frying

Stir-frying is probably the best-known wok cooking technique. This method is well-known for its speed and high heat, resulting in foods with perfect texture and flavor.

How it operates: Heat the wok to a high temperature. Use a high-smoke-point oil, like vegetable or peanut oil. Cook components in small batches first, followed by proteins, vegetables, and aromatics such as ginger and garlic.

To avoid burning and ensure consistent cooking, keep the ingredients moving constantly.

Why It Works in a Wok: The wok's bottom concentrates heat for quick searing, and the high, sloping sides make it simple to toss ingredients.

Here are some tips: Prepare all of the ingredients in advance; stir-frying is quick and requires constant supervision.

To maintain the heat, avoid overfilling the wok.

Deep-frying

Because of its sloping sides, deep-frying in a wok is more effective and uses less oil than other frying methods.

How it operates: Use a thermometer to ensure that the oil in the wok reaches the correct temperature.

To keep the oil temperature consistent, fry items in small batches.

To remove the materials, use a spider skimmer and drain on paper towels.

The wok's shape allows oil to collect in the center, ensuring full cooking of the food while using less oil.

Here are some tips: Use oils with high smoke points, like peanut or canola.

Check the temperature to avoid burning or undercooking.

To reduce waste, filter and reuse oil from similar dishes.

Steaming

From fish to dumplings, steaming in a wok is a versatile and healthy cooking method.

How it operates: Pour water into the wok without touching the steaming rack or basket.

Place the food on the rack, cover with a lid, and heat the water to a boil.

Cook the food thoroughly by steaming it.

Why It Works in a Wok: The wok's slanted sides efficiently retain heat under a lid, while its broad base can accommodate a steaming rack or basket.

Here are some tips: To prevent sticking, use cabbage leaves or parchment paper.

Keep the lid securely closed to retain steam and ensure consistent cooking.

Check the water level at regular intervals to keep it from boiling dry.

Boiling

A wok is ideal for blanching vegetables, cooking noodles, and making soups.

How it operates: Pour water into the wok and bring to a boil.

Add the ingredients, cook until done, and remove with a skimmer or slotted spoon.

Why It Works in a Wok: The wok's depth and broad opening allow for simple stirring and removal of food without spilling.

Here are some tips: Blanching vegetables before stir-frying is one example of a quick cooking method that involves boiling.

To enhance the flavor, add salt or aromatics to the water.

Braising

Wok braising combines searing and slow cooking, which is ideal for enhancing flavors and tenderizing meats.

How it operates: Cook vegetables or proteins in hot oil until browned.

After adding liquid and aromatics, cover and simmer over low heat.

Simmer until the mixture is soft and flavorful.

Why It Works in a Wok: The wok's large base ensures adequate browning during the searing process, while its depth allows for even boiling.

Here are some tips: To keep moisture out, use a tightly fitting lid.

To avoid sticking, stir occasionally.

Combine rapid stir-frying and braising to achieve complex flavors.

Smoking

Wok smoking is a sophisticated technique for giving foods a distinct smokey flavor.

How it operates: Lining the wok with aluminum foil will help preserve its surface.

Fill the wok's bottom with smoking materials such as rice, tea leaves, and sugar.

Place the food on a rack in the wok.

Put a lid on it and heat until smoke begins to form. Then reduce the heat and smoke it for as long as you want.

The wok's design effectively traps smoke, and its high heat capacity allows the smoking components to burn evenly. This is why it works well in a wok.

Here are some tips: Use this technique outdoors or in an area with adequate ventilation.

Use a variety of smoking materials to create unique flavor profiles.

The wok's adaptability makes it a useful tool for learning a variety of culinary techniques. The wok's design enhances any cooking technique, including smoking for flavor, steaming for health, and stir-frying for speed. By learning and applying these techniques, you can bring vibrant, restaurant-quality cuisine into your kitchen and maximize the potential of your wok.

Recipes for Beginners in WOK!

Chapter 5: Chicken and poultry



Bon appetite

1. Garlic-Ginger Chicken Stir-Fry



Yield: 4 servings | Prep Time: 15 min | Cook Time: 10 min

Ingredients:

1 lb (450 g) chicken breast, thinly sliced
2 cups of broccoli florets
1 medium red bell pepper, cut
1 medium carrot, julienned
3 garlic cloves, minced
1 inch of fresh, grated ginger
2 tablespoons vegetable oil, split
3 tablespoons of low-sodium soy sauce
2 Tbsp oyster sauce
1 tablespoon of honey
1/4 cup chicken broth

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir-fry the chicken for 3–4 minutes, or until browned and cooked through. Remove and set aside. **2.** Add the remaining tablespoon of oil to the wok, then the garlic and ginger. Stir for 30 seconds, until aromatic. **3.** Add the broccoli, bell pepper, and carrot to the wok. Cook for 2–3 minutes, until the vegetables are soft and crisp. **4.** In a small bowl, combine the soy sauce, oyster sauce, honey, and chicken broth. Pour the sauce into the wok and stir thoroughly. **5.** Return the cooked chicken to the wok and mix everything together. Allow to heat for 1–2 minutes. **6.** If preferred, drizzle with sesame oil and serve hot over steaming rice or noodles.

Nutritional Information: 1257 calories, 151.5 g protein, 54.8 g carbs, 45.1 g fat, 9.3 g fiber, 370 mg cholesterol, 3793 mg sodium, and 2539 mg potassium.

2. Wok Lemon Chicken and Broccoli



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 lb (450 g) boneless and skinless chicken breast, thinly sliced
2 cups of broccoli florets
2 tablespoons lemon juice, freshly squeezed
2 garlic cloves, minced
2 tablespoons vegetable oil, split
1 tablespoon of honey
1 spoonful of cornstarch
1/4 cup chicken broth
Add salt and pepper to taste

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir-fry the chicken slices for 3–4 minutes, or until thoroughly done. Remove and set aside. Add the remaining tablespoon of oil to the pan and sauté the garlic for 30 seconds until fragrant. **2.** Stir in the broccoli florets and cook for 2–3 minutes, or until tender-crisp. **3.** In a small bowl, combine the lemon juice, honey, cornstarch, and chicken broth. Stir thoroughly to mix. **4.** Put the chicken back in the wok and pour the sauce over the broccoli. Stir until evenly coated. **5.** Cook for 1–2 minutes, or until the sauce thickens. Season with salt and pepper to taste. Serve hot with steamed rice or noodles.

Nutritional Information: 1161 calories, 145.8 g protein, 40.1 g carbs, 44.7 g fat, 4.6 g fiber, 370 mg cholesterol, 432 mg sodium, and 1849 mg potassium.

3.Wok Simple Sweet and Sour Chicken



Yield: 4 servings | Prep Time: 12 min | Cook Time: 10 min

Ingredients:

1 pound (450 grams) chicken breast
2 medium bell peppers (red and green)
1 cup pineapple pieces, fresh or canned
2 Tbsp vegetable oil
2 garlic cloves, minced
2 Tbsp soy sauce
1/4 cup ketchup
2 tablespoons of vinegar (either white or rice)
2 teaspoons of sugar
1 tsp cornstarch mixed with 2 tbsp of water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir-fry the chicken for 4–5 minutes, or until thoroughly done. Remove and set aside. **2.** Add the remaining oil to the wok and cook the garlic for 30 seconds, or until fragrant. **3.** Throw in the bell peppers and pineapple slices. Stir-fry for 2–3 minutes, or until the vegetables are soft and crisp. **4.** In a small bowl, combine the soy sauce, ketchup, vinegar, and sugar. Pour the sauce into the wok and stir thoroughly. **5.** Return the cooked chicken to the wok and stir everything together. **6.** Add the cornstarch slurry to the wok and stir constantly until the sauce thickens, about 1–2 minutes. Serve hot with steamed rice or noodles.

Nutritional Information: 1374 calories, 147.4g protein, 92.2g carbs, 44.8g fat, 8.7g fiber, 370mg cholesterol, 2549mg sodium, and 2522mg potassium.

4.Wok Chicken and Mushroom Stir-Fry



Yield: 4 servings | Prep time: 12 min | Cook time: 8 min

Ingredients:

1 lb (450 g) chicken breast, thinly sliced
2 cups sliced mushrooms
2 tablespoons vegetable oil, split
2 garlic cloves, minced
2 Tbsp soy sauce
2 Tbsp oyster sauce
1 tbsp cornstarch mixed with 2 tbsp of water
1/4 cup chicken broth
2 green onions, chopped (for garnish)

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir-fry the chicken slices for 3–4 minutes, or until thoroughly done. Remove and set aside. Add the remaining tablespoon of oil to the pan and sauté the garlic for 30 seconds until fragrant. **2.** Stir-fry the mushrooms for 2–3 minutes until they release moisture and become soft. **3.** In a small bowl, combine the soy sauce, oyster sauce, and chicken broth. Pour the mixture into the wok and stir thoroughly. **4.** Return the cooked chicken to the wok and stir everything together. **5.** Add the cornstarch slurry and continue to whisk until the sauce thickens, which should take about 1–2 minutes. **6.** Garnish with chopped green onions and serve hot with steamed rice or noodles.

Nutritional Information: 1124 calories, 148.2 grams of protein, 23.2 grams of carbs, 44.6 grams of fat, 1.8 grams of fiber, 370 mg of cholesterol, 2761 mg of sodium, and 1996 mg of potassium.

5.Wok, honey, soy chicken, and green beans



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 pound (450 grams) boneless, skinless chicken breast, sliced into bite-sized pieces
2 cups of green beans, trimmed
2 tablespoons vegetable oil, split
2 garlic cloves, minced
2 tablespoons honey
2 Tbsp soy sauce
1 tablespoon cornstarch with 2 tablespoons of water to create a slurry

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir-fry the chicken for 3–4 minutes, or until thoroughly done. Remove and set aside. **2.** Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. **3.** Stir-fry the green beans in the wok for 2–3 minutes, or until tender and crunchy. **4.** In a small bowl, combine the honey and soy sauce. Pour the mixture into the wok and stir thoroughly. **5.** Return the cooked chicken to the wok and stir in the green beans and sauce. **6.** Add the cornstarch slurry and continue to whisk until the sauce thickens, which should take about 1–2 minutes. Serve hot with steamed rice or noodles.

Nutritional Information: 1239 calories, 146.6g of protein, 54.7g of carbs, 44.2g of fat, 4.1g of fiber, 370mg of cholesterol, 2119mg of sodium, and 1825mg of potassium.

6.Wok chicken fried rice



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 lb (450 g) boneless, skinless chicken breast, diced
3 cups of cooked rice, ideally a day old
2 tablespoons vegetable oil, split
2 garlic cloves, minced
3 tablespoons soy sauce
2 eggs, lightly beaten
1 cup chopped carrots
1 cup green pea
2 green onions, chopped (for garnish)

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir in the diced chicken and simmer for 3–4 minutes, or until thoroughly cooked. Remove and set aside. **2.** Sauté garlic in the remaining oil for 30 seconds, or until fragrant. **3.** Push the garlic to the side and add the beaten eggs to the wok. Scramble the eggs until done, then add in the garlic. **4.** Add the carrots and peas to the skillet and cook for 2–3 minutes until soft. Mix in the cooked rice, breaking up any clumps. Mix everything together and heat for a further 2 minutes. **5.** Return the chicken to the skillet and add the soy sauce. Toss everything together until fully mixed and cooked through. **6.** Garnish with chopped green onions and serve hot.

Nutritional Information: 1931 calories, 174.4g protein, 169.8g carbs, 56.1g fat, 11g fiber, 742mg cholesterol, 3230mg sodium, and 2260mg potassium.

7. Wok Teriyaki Chicken with Peppers



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 pound (450 grams) boneless, skinless chicken breast, sliced into bite-sized pieces
2 bell peppers (various colors), sliced
2 tablespoons vegetable oil, split
2 garlic cloves, minced
1/4 cup teriyaki sauce
1 tablespoon cornstarch with 2 tablespoons of water to create a slurry
2 green onions, chopped (for garnish)

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir-fry the chicken for 3–4 minutes, or until thoroughly done. Remove and set aside. **2.** Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. **3.** Stir-fry the bell peppers in the wok for 2–3 minutes, or until tender and crisp. **4.** Return the chicken to the skillet and add the teriyaki sauce. Stir the chicken and peppers until evenly coated. **5.** Add the cornstarch slurry and continue to whisk until the sauce thickens, which should take about 1–2 minutes. **6.** Garnish with chopped green onions and serve hot with steamed rice or noodles.

Nutritional Information: 1179 calories, 145.3 grams of protein, 42.5 grams of carbs, 44.7 grams of fat, 7 grams of fiber, 370 mg of cholesterol, 935 mg of sodium, and 2012 milligrams of potassium.

8. Wok Ginger Sesame Turkey Stir-Fry



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 lb. Ground turkey
2 cups of broccoli florets
1 cup julienned carrot
2 tablespoons vegetable oil, split
1 tablespoon grated ginger
2 Tbsp soy sauce
1 teaspoon sesame oil
2 green onions, chopped (for garnish)

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir in the ground turkey and simmer for 4–5 minutes, or until thoroughly cooked. Remove and set aside. **2.** Add the remaining oil to the pan and sauté the grated ginger for 30 seconds until fragrant. Stir-fry the broccoli and carrots in the wok for 3–4 minutes, or until tender and crisp. **3.** Return the cooked turkey to the skillet and thoroughly combine with the vegetables. **4.** Add in the soy sauce and sesame oil. Stir to evenly coat everything, then simmer for 1–2 minutes, until thoroughly cooked. **5.** Garnish with chopped green onions and serve hot with steamed rice or noodles.

Nutritional Information: 1220 calories, 100.7g protein, 27.2g carbs, 81.5g fat, 8.8g fiber, 200mg cholesterol, 2055mg sodium, and 1744mg potassium.

9. Wok Citrus Chicken and Snap Peas



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 pound (450 grams) boneless, skinless chicken breast, sliced into bite-sized pieces
2 cups snap peas, trimmed
1/4 cup orange juice
2 tablespoons vegetable oil, split
2 garlic cloves, minced
2 Tbsp soy sauce
1 tablespoon cornstarch with 2 tablespoons of water to create a slurry
2 green onions, chopped (for garnish)

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir-fry the chicken for 4–5 minutes, or until thoroughly done. Remove and set aside. **2.** Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. **3.** Stir-fry the snap peas in the wok for 2–3 minutes, or until soft and crispy. **4.** Return the chicken to the skillet and add the orange juice and soy sauce. Stir vigorously to distribute the chicken and snap peas evenly. **5.** Add the cornstarch slurry and continue to whisk until the sauce thickens, which should take about 1–2 minutes. **6.** Garnish with chopped green onions and serve hot with steamed rice or noodles.

Nutritional Information: 1137 calories, 147.3 grams of protein, 27.3 grams of carbs, 44.5 grams of fat, 4.2 grams of fiber, 370 mg of cholesterol, 2117 mg of sodium, and 1836 mg of potassium.

10. Wok Basic Chicken Lo Mein



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 lb (450 g) boneless and skinless chicken breast, thinly sliced
4 cups of lo mein noodles
2 tablespoons vegetable oil, split
2 garlic cloves, minced
3 tablespoons soy sauce
1 cup julienned carrot
2 green onions, chopped (for garnish)
1 teaspoon sesame oil

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir-fry the chicken for 4–5 minutes, or until thoroughly done. Remove and set aside. **2.** Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. **3.** Stir-fry the carrots in the wok for 2–3 minutes, or until soft and crispy. **4.** Return the cooked chicken to the wok and stir in the vegetables. Pour the cooked lo mein noodles into the skillet and season with soy sauce. Stir thoroughly to coat the noodles evenly. **5.** Drizzle sesame oil over the mixture and toss again. **6.** Garnish with chopped green onions and serve hot.

Nutritional Information: 1769 calories, 165.3g protein, 137.8g carbs, 56.9g fat, 8.4g fiber, 370mg cholesterol, 3115mg sodium, and 2142mg potassium.

Chapter 6: Beef



Bon appetite

11. Wok, meat, and broccoli



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 pound (450 grams) of thinly sliced sirloin meat
2 cups of broccoli florets
2 tablespoons vegetable oil, split
2 garlic cloves, minced
3 tablespoons soy sauce
2 Tbsp oyster sauce
1 tablespoon cornstarch with 2 tablespoons of water to create a slurry
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir in the steak and cook for 2-3 minutes, until browned. Remove and set aside. **2.** Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. **3.** Stir-fry the broccoli for 2–3 minutes, or until tender-crisp. **4.** Return the steak to the skillet and stir in the broccoli. **5.** In a small bowl, combine the soy sauce, oyster sauce, and water. Pour the mixture into the wok, stirring to evenly coat the beef and broccoli. **6.** Add the cornstarch slurry and continue to whisk until the sauce thickens, which should take about 1–2 minutes. Serve hot with steamed rice or noodles.

Nutritional Information: 1204 calories, 100.5g protein, 28.3g carbs, 82.6g fat, 4.5g fiber, 210mg cholesterol, 3435mg sodium, and 1470mg potassium.

12. Stir-fry with ground beef and cabbage



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 pound ground beef (80 percent lean)
3 cups of cabbage, shredded
1 cup julienned carrots
2 Tbsp vegetable oil
2 garlic cloves, minced
3 tablespoons soy sauce
1 teaspoon sesame oil
2 green onions, chopped (for garnish)

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir in the ground beef and simmer for 5-6 minutes, or until thoroughly cooked. Remove and set aside. **2.** Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. **3.** Stir-fry the shredded cabbage and carrots in the wok for 3-4 minutes, or until tender and crisp. **4.** Return the cooked ground beef to the wok and stir in the veggies. **5.** Pour in the soy sauce and sesame oil, stirring until well combined. Cook for 1-2 minutes, until thoroughly heated. **6.** Garnish with chopped green onions and serve hot with steamed rice or noodles.

Nutritional Information: 1597 calories, 85.3g protein, 32.8g carbs, 123.4g fat, 10.4g fiber, 230mg cholesterol, 2970mg sodium, and 1572mg potassium.

13. Stir-fried beef with garlic and black pepper



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 pound (450 grams) of thinly sliced sirloin meat
2 bell peppers (various colors), sliced
2 tablespoons vegetable oil, split
2 garlic cloves, minced
3 tablespoons soy sauce
1 teaspoon of black pepper
1 tablespoon cornstarch with 2 tablespoons of water to create a slurry

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir in the steak and cook for 2-3 minutes, until browned. Remove and set aside. **2.** Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. **3.** Stir-fry the bell peppers in the wok for 2-3 minutes, or until tender and crisp. **4.** Return the steak to the wok and thoroughly combine with the peppers. **5.** Pour in the soy sauce and season with black pepper. Stir to distribute the beef and veggies evenly. **6.** Add the cornstarch slurry and continue to whisk until the sauce thickens, which should take about 1–2 minutes. Serve hot with steamed rice or noodles.

Nutritional Information: 1205 calories, 98.6 grams of protein, 30.7 grams of carbs, 82.7 grams of fat, 6.6 grams of fiber, 210 mg of cholesterol, 2905 mg of sodium, and 1601 mg of potassium.

14. Wok beef with mushrooms and onions



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 pound (450 grams) of thinly sliced sirloin meat
2 cups sliced mushrooms
1 large onion, sliced
2 tablespoons vegetable oil, split
2 garlic cloves, minced
3 tablespoons soy sauce
1 tablespoon cornstarch with 2 tablespoons of water to create a slurry

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir in the steak and cook for 2-3 minutes, until browned. Remove and set aside. **2.** Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. **3.** Stir-cook the onions and mushrooms in the wok for 3–4 minutes, until soft. Return the beef to the wok and toss thoroughly with the veggies. **4.** Pour the soy sauce over the beef and vegetables, stirring to coat evenly. **5.** Add the cornstarch slurry and continue to whisk until the sauce thickens, which should take about 1–2 minutes. Serve hot with steamed rice or noodles.

Nutritional Information: 1209 calories, 100.9 g of protein, 29.8 g of carbs, 82.6 g of fat, 4.1 g of fiber, 210 mg of cholesterol, 2904 mg of sodium, and 1666 mg of potassium.

15. Wok Simple Beef Lo Mein



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 pound (450 grams) of thinly sliced sirloin meat
4 cups of lo mein noodles
2 tablespoons vegetable oil, split
2 garlic cloves, minced
3 tablespoons soy sauce
1 cup julienned carrots
2 green onions, chopped (for garnish)
1 teaspoon sesame oil

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir in the steak and cook for 3-4 minutes, until browned. Remove and set aside. **2.** Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. **3.** Stir-fry the carrots in the wok for 2-3 minutes, or until soft and crispy. **4.** Return the beef to the wok and stir in the vegetables. **5.** Pour the cooked lo mein noodles into the skillet and season with soy sauce. Stir thoroughly to coat the noodles evenly. **6.** Drizzle sesame oil over the mixture and toss again. Garnish with chopped green onions and serve hot.

Nutritional Information: 1829 calories, 117.3g protein, 137.8g carbs, 94.9g fat, 8.4g fiber, 210mg cholesterol, 2957mg sodium, and 1642mg potassium.

16. Wok Beef and Zucchini Stir-Fry



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 pound (450 grams) of thinly sliced sirloin meat
2 medium zucchinis into half-moons
2 tablespoons vegetable oil, split
2 garlic cloves, minced
3 tablespoons soy sauce
1 tablespoon cornstarch with 2 tablespoons of water to create a slurry

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir in the steak and cook for 2-3 minutes, until browned. Remove and set aside. **2.** Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. **3.** Add the zucchini to the wok and cook for 3-4 minutes, or until soft but still crisp. **4.** Return the steak to the wok and stir in the zucchini. **5.** Pour the soy sauce over the beef and zucchini, stirring carefully to coat evenly. **6.** Add the cornstarch slurry and continue to whisk until the sauce thickens, which should take about 1-2 minutes. Serve hot with steamed rice or noodles.

Nutritional Information: 1185 calories, 97.8g of protein, 23.3g of carbs, 82.6g of fat, 4.1g of fiber, 210mg of cholesterol, 2907mg of sodium, and 1748mg of potassium.

Chapter 7: Vegetarian



Bon appetite

17. Stir-fry with wok tofu and broccoli



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 block of firm tofu (400 g), pressed and cubed
2 cups of broccoli florets
2 tablespoons vegetable oil, split
2 garlic cloves, minced
3 tablespoons soy sauce
1 tablespoon cornstarch with 2 tablespoons of water to create a slurry

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir-fry the cubed tofu for 4–5 minutes until golden and crispy. Remove and set aside. 2. Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. 3. Stir-fry the broccoli in the wok for 3–4 minutes, or until tender and crisp. 4. Return the tofu to the wok and stir in the broccoli. 5. Pour the soy sauce over the tofu and broccoli, stirring carefully to coat evenly. 6. Add the cornstarch slurry and continue to whisk until the sauce thickens, which should take about 1–2 minutes. Serve hot with steamed rice or noodles.

Nutritional Information: 714 calories, 43.1 g protein, 30.3 g carbs, 50.6 g fat, 6.5 g fiber, 0 mg cholesterol, 2901 mg sodium, and 1268 mg potassium.

18. Wok Mushroom and Bok Choy Stir-Fry



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

2 cups sliced mushrooms
2 cups of bok choy, chopped
2 Tbsp vegetable oil
2 garlic cloves, minced
3 tablespoons soy sauce
1 tablespoon cornstarch with 2 tablespoons of water to create a slurry
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir-fry the mushrooms for 3–4 minutes until they release moisture and become soft. Remove and set aside. 2. Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. 3. Stir-fry the bok choy for 2–3 minutes until tender but crisp. 4. Return the mushrooms to the wok and stir in the bok choy. 5. Pour in the soy sauce and water, stirring thoroughly to coat the vegetables evenly. 6. Add the cornstarch slurry and continue to whisk until the sauce thickens, which should take about 1–2 minutes. Serve hot with steamed rice or noodles.

Nutritional Information: 357 calories, 9.2g protein, 19.2g carbs, 28.7g fat, 2.3g fiber, 0mg cholesterol, 2891mg sodium, and 812mg potassium.

19. Stir-fry of bell peppers and onions in a wok with cashews



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

2 bell peppers (various colors), sliced
1 large onion, sliced
1/4 cup cashews
2 Tbsp vegetable oil
2 garlic cloves, minced
3 tablespoons soy sauce
1 tablespoon cornstarch with 2 tablespoons of water to create a slurry
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir in the cashews and cook for 1-2 minutes, until brown. Remove and set aside. 2. Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. 3. Stir-fry the onions and bell peppers in the wok for 3-4 minutes, or until tender and crisp. 4. Return the cashews to the wok and stir in the vegetables. 5. Pour in the soy sauce and water, stirring thoroughly to coat the ingredients equally. 6. Add the cornstarch slurry and continue to whisk until the sauce thickens, which should take about 1-2 minutes. Serve hot with steamed rice or noodles.

Nutritional Information: 606 calories, 13g protein, 51.9g carbs, 41.1g fat, 10.1g fiber, 0mg cholesterol, 2841mg sodium, and 1205mg potassium.

20. Wok Zucchini and Carrot Ginger Stir-Fry



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

2 medium zucchinis into half-moons
1 cup julienned carrots
2 Tbsp vegetable oil
2 garlic cloves, minced
1 tablespoon of minced ginger
3 tablespoons soy sauce
1 tablespoon cornstarch with 2 tablespoons of water to create a slurry
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Sauté the garlic and ginger for 30 seconds, until aromatic. 2. Stir in the carrots and cook for 2-3 minutes, or until softened. 3. Add the zucchinis to the wok and cook for an additional 3-4 minutes, or until tender and crisp. 4. Pour in the soy sauce and water, stirring thoroughly to coat the vegetables evenly. 5. Add the cornstarch slurry and continue to whisk until the sauce thickens, which should take about 1-2 minutes. Serve hot with steamed rice or noodles.

Nutritional Information: 430 calories, 6.9 g protein, 36.3 g carbohydrates, 28.9 g fat, 7.8 g fiber, 0 mg cholesterol, 2878 mg sodium, and 1354 mg potassium.

21. Wok, sweet, and sour tofu



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 block of firm tofu (400 g), pressed and cubed
2 bell peppers (various colors), sliced
1 cup pineapple chunks
2 Tbsp vegetable oil
2 garlic cloves, minced
3 tablespoons soy sauce
1/4 cup ketchup
2 tablespoons vinegar
2 teaspoons of sugar
1 tbsp cornstarch mixed with 2 tbsp of water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir-fry the cubed tofu for 4–5 minutes until golden and crispy. Remove and set aside. **2.** Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. **3.** Stir-fry the bell peppers and pineapple chunks in the wok for 3–4 minutes, or until tender and crisp. **4.** In a small bowl, combine the soy sauce, ketchup, vinegar, and sugar. Pour the sauce mixture into the wok and stir thoroughly. **5.** Return the tofu to the skillet and stir to cover with the sauce. **6.** Add the cornstarch slurry and continue to whisk until the sauce thickens, which should take about 1–2 minutes. Serve hot with steamed rice.

Nutritional Information: 984 calories, 43.4 g protein, 100.8 g carbs, 50.8 g fat, 10.7 g fiber, 0 mg cholesterol, 3289 mg sodium, and 1898 mg potassium.

22. Sauté green beans and mushrooms in garlic sauce



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

2 cups of green beans, trimmed
2 cups sliced mushrooms
2 Tbsp vegetable oil
2 garlic cloves, minced
3 tablespoons soy sauce
1 tablespoon cornstarch with 2 tablespoons of water to create a slurry
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir-fry the green beans for 3–4 minutes, or until they are soft and crisp. Remove and set aside. **2.** Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. **3.** Add the mushrooms to the wok and cook for 2–3 minutes, or until they release moisture and become tender. **4.** Return the green beans to the wok and mix in the mushrooms. **5.** Pour in the soy sauce and water, stirring thoroughly to coat the vegetables evenly. **6.** Add the cornstarch slurry and continue to whisk until the sauce thickens, which should take about 1–2 minutes. Serve hot with steamed rice or noodles.

Nutritional Information: 401 calories, 11.4g protein, 25.8g carbs, 28.7g fat, 5.1g fiber, 0 mg cholesterol, 2833mg sodium, and 1009mg potassium.

23. Wok Egg Fried Rice (vegetarian)



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

3 cups of cooked rice, ideally a day old, are required
3 eggs, lightly beaten
1 cup chopped carrots
1/2 cup of peas
2 green onions, chopped
2 Tbsp soy sauce
2 Tbsp vegetable oil

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Add the beaten eggs and scramble until done. Remove and set aside. **2.** Add the remaining oil to the wok. Stir in the carrots and cook for 2-3 minutes, or until slightly softened. **3.** Add the peas and cook for a further 1–2 minutes. **4.** Add the cooked rice to the wok and break up any clumps. Stir-fry for 2–3 minutes, or until cooked through. **5.** Return the scrambled eggs to the wok and thoroughly combine with the rice and vegetables. **6.** Toss in the soy sauce until equally combined. **7.** Garnish with chopped green onions and serve hot.

Nutritional Information: 1232 calories, 39g protein, 167.7g carbohydrates, 45.1g fat, 10.9g fiber, 558 mg cholesterol, 2121 mg sodium, and 946 mg potassium.

24. Stir-fry cabbage with carrots



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

3 cups of cabbage, shredded
1 cup julienned carrots
2 garlic cloves, minced
2 Tbsp vegetable oil
2 Tbsp soy sauce
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Sauté the garlic for 30 seconds, until aromatic. **2.** Add the carrots to the wok and cook for 2-3 minutes, or until slightly softened. **3.** Stir in the shredded cabbage and cook for a further 3-4 minutes, or until tender yet crunchy. **4.** Pour in the soy sauce and water, stirring thoroughly to coat the vegetables evenly. **5.** Cook for 1-2 minutes, until the sauce thickens slightly and coats the vegetables. **6.** Adjust the seasoning to taste and remove from heat. Serve hot as a side dish or with steaming rice.

Nutritional Information: 385 calories, 6.4g protein, 30.2g carbohydrates, 28.8g fat, 9.7g fiber, 0mg cholesterol, 1953mg sodium, and 752mg potassium.

25. Stir-fry broccoli with peanut sauce in a wok



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

2 cups of broccoli florets
2 tablespoons peanut butter
2 garlic cloves, minced
2 Tbsp soy sauce
2 Tbsp vegetable oil
1/4 cup water
1 teaspoon of sugar

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir-fry the broccoli for 3–4 minutes, until tender-crisp. Remove and set aside. 2. Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. 3. In a small bowl, combine the peanut butter, soy sauce, water, and sugar to make a smooth sauce. 4. Return the broccoli to the skillet and pour the peanut sauce over it. 5. Stir well to evenly coat the broccoli in sauce. 6. Cook the sauce for 1–2 minutes, or until it slightly thickens and becomes well-cooked. Serve hot as a side dish or with steaming rice.

Nutritional Information: 530 calories, 15.1 g protein, 24.2 g carbs, 44.6 g fat, 6.5 g fiber, 0 mg cholesterol, 2071 mg sodium, and 830 mg potassium.

26. Wok Mushroom and Eggplant Stir-Fry



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

2 cups sliced mushrooms
1 medium eggplant, diced
2 garlic cloves, minced
2 Tbsp soy sauce
2 Tbsp vegetable oil
1 tablespoon cornstarch with 2 tablespoons of water to create a slurry
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir in the cubed eggplant and cook for 4–5 minutes, or until slightly softened. Remove and set aside. 2. Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. 3. Add the mushrooms to the wok and cook for 2–3 minutes, or until they release moisture and become tender. 4. Return the eggplant to the wok and stir in the mushrooms. 5. Pour in the soy sauce and water, stirring thoroughly to coat the vegetables evenly. 6. Add the cornstarch slurry and continue to whisk until the sauce thickens, which should take about 1–2 minutes. Serve hot as a side dish or with steaming rice.

Nutritional Information: 444 calories, 8.4g protein, 42.2g carbohydrates, 28.8g fat, 15.1g fiber, 0mg cholesterol, 1892mg sodium, and 1010mg potassium.

Chapter 8: Seafood



Bon appetite

27. Wok Shrimp and Snow Peas Stir-Fry



Yield: 4 servings | Prep Time: 10 min | Cook Time: 10 min

Ingredients:

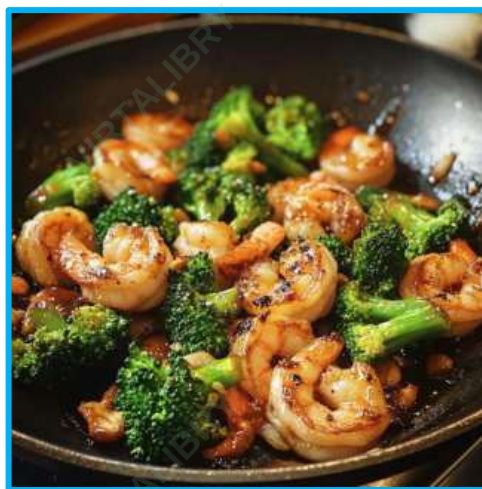
1 lb. shrimp, peeled and deveined
2 cups snow peas
2 cloves garlic, minced
2 tablespoons soy sauce
2 tablespoons vegetable oil
1 tablespoon cornstarch mixed with 2 tablespoons water (slurry)
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Add the shrimp and stir-fry for 2–3 minutes until pink and cooked through. Remove and set aside. **2.** Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. **3.** Add the snow peas to the wok and stir-fry for 2–3 minutes until tender-crisp. **4.** Return the shrimp to the wok and mix with the snow peas. **5.** Pour in the soy sauce and water, stirring well to coat the shrimp and snow peas evenly. **6.** Add the cornstarch slurry and stir continuously until the sauce thickens, about 1–2 minutes. Serve hot over steamed rice or noodles.

Nutritional Information: 671 calories, 66g protein, 19.3g carbohydrates, 35.4g fat, 3.5g fiber, 420mg cholesterol, 3075mg sodium, and 572mg potassium.

28. Wok, garlic-butter shrimp, and broccoli



Yield: 4 servings | Prep Time: 10 min | Cook Time: 10 min

Ingredients:

1 lb. shrimp, peeled and deveined
2 cups broccoli florets
2 cloves garlic, minced
2 tablespoons butter
2 tablespoons soy sauce
1 tablespoon of lemon juice
1 tablespoon cornstarch mixed with 2 tablespoons water (slurry)

Directions:

1. Heat 1 tablespoon of butter in a wok over medium-high heat. Add the shrimp and stir-fry for 2–3 minutes until pink and cooked through. Remove and set aside. **2.** Add the remaining butter to the wok and sauté the garlic for 30 seconds until fragrant. **3.** Add the broccoli to the wok and stir-fry for 3–4 minutes until tender-crisp. **4.** Return the shrimp to the wok and toss with the broccoli. **5.** Pour in the soy sauce and lemon juice, stirring well to coat the shrimp and broccoli evenly. **6.** Add the cornstarch slurry and stir continuously until the sauce thickens, about 1–2 minutes. Serve hot over steamed rice or noodles.

Nutritional Information: 642 calories, 67.4g protein, 23g carbohydrates, 30.6g fat, 4.6g fiber, 481mg cholesterol, 3124mg sodium, and 870mg potassium.

29. Wok sweet chili shrimp with bell peppers



Yield: 4 servings | Prep Time: 10 min | Cook Time: 10 min

Ingredients:

1 lb. shrimp, peeled and deveined
2 bell peppers (mixed colors), sliced
2 cloves garlic, minced
3 tablespoons sweet chili sauce
1 tablespoon soy sauce
2 tablespoons vegetable oil

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Add the shrimp and stir-fry for 2–3 minutes until pink and cooked through. Remove and set aside. **2.** Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. **3.** Add the bell peppers to the wok and stir-fry for 3–4 minutes until tender-crisp. **4.** Return the shrimp to the wok and toss with the bell peppers. **5.** Add the sweet chili sauce and soy sauce to the wok, stirring well to coat the shrimp and vegetables evenly. **6.** Cook for 1–2 minutes until the sauce is heated through and slightly thickened. Serve hot over steamed rice or noodles.

Nutritional Information: 719 calories, 64.4g protein, 35.6g carbohydrates, 35.6g fat, 6.1g fiber, 420mg cholesterol, 2463mg sodium, and 975mg potassium.

30. Wok Simple Fish and Vegetable Stir-Fry



Yield: 4 servings | Prep Time: 10 min | Cook Time: 10 min

Ingredients:

1 pound of white fish fillets (cod or tilapia) cut into chunks
2 cups mixed vegetables (broccoli, carrots, and snow peas)
2 cloves garlic, minced
2 tablespoons soy sauce
2 tablespoons vegetable oil
1 tablespoon cornstarch mixed with 2 tablespoons water (slurry)
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Add the fish and stir-fry gently for 2–3 minutes until the fish is cooked through. Remove and set aside. **2.** Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. **3.** Add the mixed vegetables to the wok and stir-fry for 3–4 minutes until tender-crisp. **4.** Return the fish to the wok and toss gently with the vegetables. **5.** Pour in the soy sauce and water, stirring carefully to coat the fish and vegetables evenly. **6.** Add the cornstarch slurry and stir gently until the sauce thickens, about 1–2 minutes. Serve hot over steamed rice or noodles.

Nutritional Information: 843 calories, 100.4g protein, 30.7g carbohydrates, 33g fat, 7.1g fiber, 120mg cholesterol, 2041mg sodium, and 1512mg potassium.

31. Wok Shrimp Fried Rice



Yield: 4 servings | Prep Time: 10 min | Cook Time: 10 min

Ingredients:

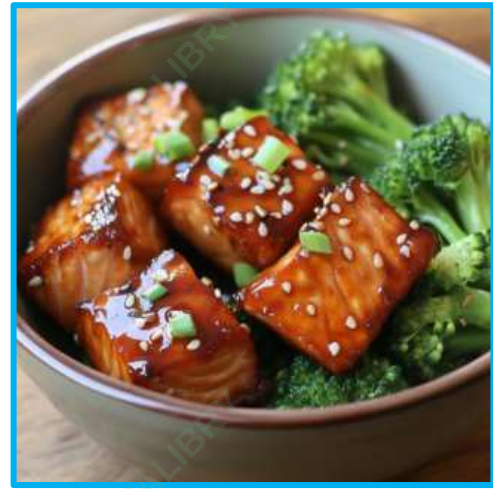
3 cups cooked rice (preferably day-old)
1 lb. shrimp, peeled and deveined
2 tablespoons vegetable oil
2 eggs, lightly beaten
1 cup of diced carrots
1/2 cup of green peas
3 tablespoons soy sauce
2 green onions, chopped

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Add the shrimp and stir-fry for 2–3 minutes until pink and cooked through. Remove and set aside. 2. Add the remaining oil to the wok. Pour in the beaten eggs and scramble until cooked. Remove and set aside. 3. Add the carrots and peas to the wok and stir-fry for 2–3 minutes until tender. 4. Add the cooked rice to the wok, breaking up any clumps. Stir-fry for 2–3 minutes until heated through. 5. Return the shrimp and scrambled eggs to the wok. Add the soy sauce and toss to combine evenly. 6. Garnish with chopped green onions and serve hot.

Nutritional Information: 1492 calories, 94g protein, 167.8g carbohydrates, 47.1g fat, 10.9g fiber, 792mg cholesterol, 4189mg sodium, and 1172mg potassium.

32. Wok Teriyaki Salmon Bites and Broccoli



Yield: 4 servings | Prep Time: 10 min | Cook Time: 10 min

Ingredients:

1 pound of skinless salmon cut into bite-sized pieces
2 cups broccoli florets
1/4 cup teriyaki sauce
2 cloves garlic, minced
2 tablespoons vegetable oil.

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Add the salmon pieces and stir-fry for 2–3 minutes until lightly browned. Remove and set aside. 2. Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. 3. Add the broccoli to the wok and stir-fry for 3–4 minutes until tender-crisp. 4. Return the salmon to the wok and toss gently with the broccoli. 5. Pour in the teriyaki sauce and stir to coat the salmon and broccoli evenly. 6. Cook for 1–2 minutes until the sauce is heated through and slightly thickened. Serve hot over steamed rice or noodles.

Nutritional Information: 832 calories, 56.1g protein, 27g carbohydrates, 56.6g fat, 4.5g fiber, 96mg cholesterol, 1366mg sodium, and 1363mg potassium.

33. Wok garlic, lime shrimp, and corn stir-fry



Yield: 4 servings | Prep Time: 10 min | Cook Time: 10 min

Ingredients:

1 lb. shrimp, peeled and deveined
1 cup of corn kernels, either fresh or frozen
2 cloves garlic, minced
2 tablespoons lime juice
2 tablespoons vegetable oil
1 tablespoon soy sauce

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Add the shrimp and stir-fry for 2–3 minutes until pink and cooked through. Remove and set aside. 2. Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. 3. Add the corn to the wok and stir-fry for 2–3 minutes until lightly browned. 4. Return the shrimp to the wok and toss with the corn. 5. Add the soy sauce and lime juice, stirring well to coat the shrimp and corn evenly. 6. Cook for 1–2 minutes until the sauce is heated through. Serve hot over steamed rice or noodles.

Nutritional Information: 719 calories, 66.1g protein, 34.4g carbohydrates, 36.5g fat, 3.5g fiber, 420mg cholesterol, 2146mg sodium, and 676mg potassium.

34. Wok Mushroom and Shrimp Stir-Fry



Yield: 4 servings | Prep Time: 10 min | Cook Time: 10 min

Ingredients:

1 lb. shrimp, peeled and deveined
2 cups mushrooms, sliced
2 cloves garlic, minced
2 tablespoons soy sauce
2 tablespoons vegetable oil
1 tablespoon cornstarch mixed with 2 tablespoons water (slurry)
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Add the shrimp and stir-fry for 2–3 minutes until pink and cooked through. Remove and set aside. 2. Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. 3. Add the mushrooms to the wok and stir-fry for 2–3 minutes until tender. 4. Return the shrimp to the wok and mix with the mushrooms. 5. Pour in the soy sauce and water, stirring well to coat the shrimp and mushrooms evenly. 6. Add the cornstarch slurry and stir continuously until the sauce thickens, about 1–2 minutes. Serve hot over steamed rice or noodles.

Nutritional Information: 649 calories, 66.4g protein, 15.2g carbohydrates, 35.5g fat, 1.1g fiber, 420mg cholesterol, 3077mg sodium, and 840mg potassium.

35. Wok Lemon-Garlic Shrimp with Spinach



Yield: 4 servings | **Prep Time:** 10 min | **Cook Time:** 10 min

Ingredients:

1 lb. shrimp, peeled and deveined
4 cups fresh spinach
2 cloves garlic, minced
2 tablespoons lemon juice
2 tablespoons vegetable oil
1 tablespoon soy sauce

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Add the shrimp and stir-fry for 2–3 minutes until pink and cooked through. Remove and set aside. 2. Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. 3. Add the spinach to the wok and stir-fry for 2–3 minutes until wilted. 4. Return the shrimp to the wok and toss with the spinach. 5. Add the soy sauce and lemon juice, stirring well to coat the shrimp and spinach evenly. 6. Cook for 1–2 minutes until the sauce is heated through. Serve hot over steamed rice or as a light standalone dish.

Nutritional Information: 615 calories, 64.8g protein, 9.7g carbohydrates, 35.4g fat, 2.4g fiber, 420mg cholesterol, 2242mg sodium, and 914mg potassium.

36. Wok Chili-Garlic Shrimp Noodles



Yield: 4 servings | **Prep Time:** 10 min | **Cook Time:** 10 min

Ingredients:

1 lb. shrimp, peeled and deveined
3 cups cooked noodles
2 cloves garlic, minced
2 tablespoons of chili paste
2 tablespoons vegetable oil
2 tablespoons soy sauce

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Add the shrimp and stir-fry for 2–3 minutes until pink and cooked through. Remove and set aside. 2. Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. 3. Add the chili paste to the wok and stir for 1 minute to release its aroma. 4. Add the cooked noodles to the wok and stir-fry for 2–3 minutes until heated through. 5. Return the shrimp to the wok and toss to combine with the noodles and chili-garlic mixture. 6. Add the soy sauce and stir well to evenly coat the noodles and shrimp. Serve hot, garnished with chopped green onions if desired.

Nutritional Information: 1269 calories, 87.4g protein, 127.2g carbohydrates, 39.1g fat, 2.7g fiber, 420mg cholesterol, 3486mg sodium, and 572mg potassium.

Chapter 9: Noodles & Rice



Bon appetite

37. Wok Basic Vegetable Lo Mein



Yield: 4 servings | Prep Time: 10 min | Cook Time: 10 min

Ingredients:

3 cups cooked lo mein noodles
2 cups of mixed vegetables (broccoli, carrots, and bell peppers)
2 cloves garlic, minced
3 tablespoons soy sauce
2 tablespoons vegetable oil
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Add the garlic and sauté for 30 seconds until fragrant. 2. Add the mixed vegetables to the wok and stir-fry for 3–4 minutes until tender-crisp. 3. Push the vegetables to one side of the wok and add the cooked noodles. 4. Pour the soy sauce over the noodles and vegetables. 5. Add the water and toss everything together to coat evenly. 6. Stir-fry for an additional 2–3 minutes until the noodles are heated through and well combined with the vegetables. Serve hot as a main dish or side.

Nutritional Information: 1039 calories, 31.9g protein, 143.8g carbohydrates, 33g fat, 8.1g fiber, 0mg cholesterol, 2848mg sodium, and 738mg potassium.

38. Wok Easy Pad: Thai-Style Noodles



Yield: 4 servings | Prep Time: 10 min | Cook Time: 10 min

Ingredients:

3 cups cooked rice noodles
2 eggs, lightly beaten
2 tablespoons vegetable oil
1/4 cup peanuts, chopped
1 cup of bean sprouts
3 tablespoons soy sauce
2 tablespoons lime juice

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Add the eggs and scramble until cooked. Remove and set aside. 2. Add the remaining oil to the wok. Add the rice noodles and stir-fry for 2–3 minutes until heated through. 3. Push the noodles to one side of the wok and pour in the soy sauce and lime juice. Stir well to coat the noodles evenly. 4. Add the scrambled eggs back into the wok, along with the bean sprouts. Stir-fry for two minutes to combine. 5. Sprinkle the chopped peanuts over the noodles and toss to mix. 6. Cook for an additional 1–2 minutes until everything is well combined and heated through. Serve hot with lime wedges for garnish if desired.

Nutritional Information: 1316 calories, 35.1g protein, 165.6g carbohydrates, 57.7g fat, 6.1g fiber, 372mg cholesterol, 2976mg sodium, and 696mg potassium.

39. Wok Soy-Garlic Fried Rice



Yield: 4 servings | **Prep Time:** 10 min | **Cook Time:** 10 min

Ingredients:

3 cups cooked rice (preferably day-old)
4 cloves of minced garlic
2 tablespoons vegetable oil
3 tablespoons soy sauce
2 green onions, chopped
2 eggs, lightly beaten

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Add the garlic and sauté for 30 seconds until fragrant. 2. Push the garlic to one side of the wok and pour in the beaten eggs. Scramble until cooked, then mix with the garlic. 3. Add the cooked rice to the wok and stir-fry for 2–3 minutes, breaking up any clumps. 4. Pour in the soy sauce and toss well to coat the rice evenly. 5. Add the chopped green onions and stir-fry for 1–2 minutes to combine. 6. Adjust seasoning if needed and stir-fry for an additional minute. Serve hot as a main dish or side.

Nutritional Information: 1078 calories, 29.7g protein, 148.8g carbohydrates, 39.6g fat, 3g fiber, 372mg cholesterol, 2953mg sodium, and 470mg potassium.

40. Wok Peanut Butter Noodles with Vegetables



Yield: 4 servings | **Prep Time:** 10 min | **Cook Time:** 10 min

Ingredients:

3 cups cooked noodles
1/4 cup peanut butter
2 cups of mixed vegetables (broccoli, carrots, and bell peppers)
3 tablespoons soy sauce
2 tablespoons lime juice
2 cloves garlic, minced
2 tablespoons vegetable oil

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Add the garlic and sauté for 30 seconds until fragrant. 2. Add the mixed vegetables to the wok and stir-fry for 3–4 minutes until tender-crisp. Remove and set aside. 3. In a small bowl, whisk together peanut butter, soy sauce, lime juice, and 2 tablespoons of water to create a smooth sauce. 4. Add the remaining oil to the wok. Add the cooked noodles and stir-fry for 2–3 minutes until heated through. 5. Pour the peanut sauce over the noodles and toss to coat evenly. 6. Return the vegetables to the wok and stir-fry for another 1–2 minutes to combine. Serve hot, garnished with chopped peanuts or fresh herbs if desired.

Nutritional Information: 1427 calories, 46g protein, 158.6g carbohydrates, 65g fat, 12.2g fiber, 0mg cholesterol, 3129mg sodium, and 1097mg potassium.

41. Wok Simple Chow Mein



Yield: 4 servings | Prep Time: 10 min | Cook Time: 10 min

Ingredients:

3 cups cooked chow mein noodles
2 cups mixed vegetables (cabbage, carrots, and bean sprouts)
2 cloves garlic, minced
3 tablespoons soy sauce
2 tablespoons vegetable oil
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Add the garlic and sauté for 30 seconds until fragrant. **2.** Add the mixed vegetables to the wok and stir-fry for 3–4 minutes until tender-crisp. **3.** Push the vegetables to one side of the wok and add the cooked noodles. **4.** Pour the soy sauce and water over the noodles and vegetables. **5.** Toss everything together until the noodles and vegetables are well combined and coated with the sauce. **6.** Stir-fry for an additional 2–3 minutes until heated through. Serve hot as a main dish or side.

Nutritional Information: 1019 calories, 31.9g protein, 138.8g carbohydrates, 32.5g fat, 7.6g fiber, 0mg cholesterol, 2846mg sodium, and 688mg potassium.

42. Wok eggs and tomato-fried rice



Yield: 4 servings | Prep Time: 10 min | Cook Time: 10 min

Ingredients:

3 cups cooked rice
2 eggs, lightly beaten
2 medium tomatoes, diced
2 cloves garlic, minced
3 tablespoons soy sauce
2 tablespoons vegetable oil

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Add the beaten eggs and scramble until cooked. Remove and set aside. **2.** Add the remaining oil to the wok. Sauté the garlic for 30 seconds until fragrant. **3.** Add the diced tomatoes and stir-fry for 2–3 minutes until softened. **4.** Add the cooked rice to the wok and stir-fry for 2–3 minutes, breaking up any clumps. Return the scrambled eggs to the wok and mix well with the rice and tomatoes. **5.** Pour in the soy sauce and toss to coat evenly. **6.** Stir-fry for an additional minute and serve hot.

Nutritional Information: 1103 calories, 29.6g protein, 154.5g carbohydrates, 40g fat, 4.4g fiber, 372mg cholesterol, 2964mg sodium, and 898mg potassium.

43. Wok-stir-fried udon with mushrooms and bok choy



Yield: 4 servings | **Prep Time:** 10 min | **Cook Time:** 10 min

Ingredients:

3 cups cooked udon noodles
2 cups mushrooms, sliced
2 cups bok choy, chopped
2 cloves garlic, minced
3 tablespoons soy sauce
2 tablespoons vegetable oil
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Add the garlic and sauté for 30 seconds until fragrant. **2.** Add the mushrooms and stir-fry for 2–3 minutes until tender. **3.** Add the bok choy and stir-fry for another 2–3 minutes until wilted but still crisp. **4.** Push the vegetables to one side of the wok and add the cooked udon noodles. **5.** Pour in the soy sauce and water, stirring to coat the noodles and vegetables evenly. **6.** Toss everything together and stir-fry for an additional 2–3 minutes until heated through. Serve hot as a main dish.

Nutritional Information: 987 calories, 24.4g protein, 151.3g carbohydrates, 31.7g fat, 4.8g fiber, 0mg cholesterol, 2887mg sodium, and 1076mg potassium.

44. Wok Garlic Sesame Rice Vermicelli



Yield: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 10 minutes

Ingredients:

3 cups cooked rice vermicelli
4 cloves of minced garlic
3 tablespoons soy sauce
2 tablespoons sesame oil
2 green onions, chopped
1 tablespoon sesame seeds

Directions:

1. Heat 1 tablespoon of sesame oil in a wok over medium heat. Add the garlic and sauté for 30 seconds until fragrant. **2.** Add the cooked rice vermicelli to the wok and stir-fry for 2–3 minutes until evenly heated. **3.** Pour in the soy sauce and toss to coat the noodles evenly. **4.** Sprinkle the sesame seeds and add the chopped green onions. Toss well to combine. **5.** Drizzle the remaining sesame oil over the noodles and stir-fry for another 1–2 minutes. **6.** Adjust seasoning if needed and serve hot. **7.** Garnish with extra sesame seeds or green onions if desired.

Nutritional Information: 950 calories, 18.3g protein, 141.9g carbohydrates, 34.1g fat, 3.5g fiber, 0mg cholesterol, 2845mg sodium, and 352mg potassium.

45. Wok Kimchi Fried Rice (Mild Version)



Yield: 4 servings | Prep Time: 10 min | Cook Time: 10 min

Ingredients:

3 cups cooked rice
1 cup kimchi, chopped
2 eggs, lightly beaten
2 cloves garlic, minced
2 tablespoons soy sauce
2 tablespoons vegetable oil
2 green onions, chopped

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Add the garlic and sauté for 30 seconds until fragrant. **2.** Push the garlic to one side of the wok and pour in the beaten eggs. Scramble until cooked and mix with the garlic. **3.** Add the chopped kimchi to the wok and stir-fry for 2–3 minutes until heated through. **4.** Add the cooked rice to the wok and stir-fry for 3–4 minutes, breaking up any clumps. **5.** Pour in the soy sauce and toss to combine evenly. **6.** Add the chopped green onions and stir-fry for 1–2 minutes to combine flavors. Serve hot as a main dish or side.

Nutritional Information: 1099 calories, 30.3g protein, 154.2g carbohydrates, 40.1g fat, 6.9g fiber, 372mg cholesterol, 2672mg sodium, and 676mg potassium.

46. Wok Vegetable Yakisoba



Yield: 4 servings | Prep Time: 10 minutes | Cook Time: 10 minutes

Ingredients:

3 cups cooked yakisoba noodles
2 cups mixed vegetables (cabbage, carrots, and bell peppers)
2 cloves garlic, minced
3 tablespoons soy sauce
2 tablespoons vegetable oil
1/4 cup yakisoba sauce

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Add the garlic and sauté for 30 seconds until fragrant. **2.** Add the mixed vegetables to the wok and stir-fry for 3–4 minutes until tender-crisp. **3.** Push the vegetables to one side of the wok and add the cooked yakisoba noodles. **4.** Pour the soy sauce and yakisoba sauce over the noodles and vegetables. **5.** Toss everything together until the noodles and vegetables are well combined and coated with the sauce. **6.** Stir-fry for an additional 2–3 minutes until heated through. Serve hot as a main dish or side.

Nutritional Information: 1079 calories, 23.9g protein, 172.8g carbohydrates, 31.7g fat, 8.1g fiber, 0mg cholesterol, 3271mg sodium, and 728mg potassium.

More Recipes to Try

Chapter 10: Classic Chinese Stir-Fry



Bon appetite

47. Stir-fry beef with broccoli



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 lb. of sliced beef
2 cups of broccoli florets
2 garlic cloves, minced
Three tablespoons soy sauce
2 Tbsp vegetable oil
1 tablespoon cornstarch mixed with 2 tablespoons of water to create a slurry
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir in the steak and cook for 3-4 minutes, until browned. Remove and set aside. 2. Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. 3. Stir-fry the broccoli in the wok for 3-4 minutes, or until tender and crisp. 4. Return the steak to the wok and stir in the broccoli. 5. Pour the soy sauce and water over the beef and broccoli, stirring to coat evenly. 6. Add the cornstarch slurry and continue to whisk until the sauce thickens, which should take about 1-2 minutes. Serve hot with steamed rice or noodles.

Nutritional Information: 1004 calories, 72.1g protein, 22.3g carbs, 72.6g fat, 4.5g fiber, 120mg of cholesterol, 2946mg of sodium, and 1348mg of potassium.

48. Wok Kung Pao Chicken and Peanuts



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 pound chicken breast, diced
1/4 cup peanuts
Two chopped bell peppers
2 garlic cloves, minced
Three tablespoons soy sauce
2 Tbsp vegetable oil
1 tablespoon cornstarch mixed with 2 tablespoons of water to create a slurry
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir-fry the chicken for 3-4 minutes, or until thoroughly done. Remove and set aside. 2. Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. 3. Stir-fry the bell peppers for 2-3 minutes, or until tender and crisp. 4. Return the chicken to the wok and stir in the bell peppers. 5. Pour in the soy sauce and water, stirring until uniformly coated. 6. Combine the peanuts and cornstarch slurry. Stir continually for 1-2 minutes, or until the sauce thickens. Serve hot with steamed rice or noodles.

Nutritional Information: 1076 calories, 105.4g protein, 35.3g carbs, 56.6g fat, 8.4g fiber, 120mg cholesterol, 2913mg sodium, and 1675mg potassium.

49. Wok Ginger-Scallion Shrimp Stir-Fry



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 lb. shrimp, peeled and deveined
1/2 cup scallion, chopped
1 tablespoon ginger, minced
2 Tbsp soy sauce
2 Tbsp vegetable oil
1 tablespoon cornstarch mixed with 2 tablespoons of water to create a slurry
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir-fry the shrimp for 2–3 minutes until pink and cooked through. Remove and set aside. **2.** Add the remaining oil to the wok. Sauté the ginger and scallions for 1 minute, until aromatic. **3.** Return the shrimp to the wok and stir in the ginger and scallions. **4.** Pour in the soy sauce and water, swirling thoroughly to coat the shrimp evenly. **5.** Add the cornstarch slurry and continue to whisk until the sauce thickens, which should take about 1–2 minutes. **6.** Serve hot with steamed rice or noodles. Garnish with more scallions if desired.

Nutritional Information: 631 calories, 62.9g protein, 13.4g carbohydrates, 35.2g fat, 0.9g fiber, 420mg cholesterol, 3079mg sodium, and 455mg potassium.

50. Wok Cashew Chicken and Vegetables



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 pound chicken breast, diced
1/4 cup cashews
2 cups of a variety of vegetables, such as broccoli, carrots, and bell peppers
2 garlic cloves, minced
Three tablespoons soy sauce
2 Tbsp vegetable oil
1 tablespoon cornstarch mixed with 2 tablespoons of water to create a slurry
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir-fry the chicken for 3–4 minutes, or until thoroughly done. Remove and set aside. **2.** Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. Stir-fry the mixed vegetables for 3–4 minutes, or until soft and crispy. **3.** Return the chicken to the wok and stir in the vegetables. **4.** Pour in the soy sauce and water, stirring until uniformly coated. **5.** Combine the cashews and cornstarch slurry. Stir continually for 1–2 minutes, or until the sauce thickens. **6.** Serve hot with steamed rice or noodles.

Nutritional Information: 1089 calories, 102.9g protein, 40.3g carbs, 55g fat, 7.1g fiber, 120mg cholesterol, 2913mg sodium, and 1473mg potassium.

51. Wok-stir-fried snow peas and water chestnuts



Yield: 4 servings | **Prep time:** 10 min | **Cook time:** 10 min

Ingredients:

2 cups of snow peas
1 cup of water chestnuts, sliced
2 garlic cloves, minced
2 Tbsp soy sauce
2 Tbsp vegetable oil
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Sauté the garlic for 30 seconds, until aromatic. 2. Stir in the snow peas and cook for 2-3 minutes, or until softened. 3. Add the water chestnuts to the wok and cook for an additional 2 minutes. 4. Pour in the soy sauce and water, and toss to evenly coat the vegetables. 5. Cook for a further 1-2 minutes, until the sauce thickens slightly. 6. Drizzle with the remaining tablespoon of vegetable oil and mix thoroughly. Serve hot as a side or light entrée.

Nutritional Information: 421 calories, 7.6g protein, 36.2g carbohydrates, 28.3g fat, 6.7g fiber, no cholesterol, 1893mg sodium, and 644mg potassium.

52. Wok Mapo Tofu (Sichuan Style)



Yield: 4 servings | **Prep time:** 10 min | **Cook time:** 10 min

Ingredients:

1 lb. Firm tofu, cubed
1/2 lb. ground beef
1 teaspoon Sichuan peppercorns
3 garlic cloves, minced
1 tablespoon ginger, minced
2 tablespoons of fermented broad bean paste (doubanjiang)
2 Tbsp vegetable oil
2 Tbsp soy sauce
1/4 cup water
1 tablespoon cornstarch mixed with 2 tablespoons of water to create a slurry

Directions:

1. Heat the vegetable oil in a wok over medium heat. Add the Sichuan peppercorns and toast until aromatic. Remove and smash lightly. 2. Cook the ground pork in a stir-fry for 3-4 minutes until it becomes browned and thoroughly cooked. 3. Sauté the garlic, ginger, and doubanjiang for 1-2 minutes to release their flavors. 4. Gently add the tofu cubes to the wok, then pour in the soy sauce and water. Stir gently to avoid breaking the tofu. 5. Return the crushed Sichuan peppercorns to the wok and boil for 2-3 minutes. 6. Cook for about 1-2 minutes after adding the cornstarch slurry to thicken the sauce. 7. Serve hot over steaming rice, topped with sliced scallions if desired.

Nutritional Information: 976 calories, 60.8 g protein, 25.7 g carbs, 76 g fat, 4 g fiber, 80 mg cholesterol, 2803 mg sodium, and 753 mg potassium.

53. Stir-fry eggplant with chili bean paste



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

Two medium eggplants, diced
2 Tbsp chili bean paste
3 garlic cloves, minced
1 tablespoon ginger, minced
2 Tbsp soy sauce
2 Tbsp vegetable oil
1 tablespoon cornstarch mixed with 2 tablespoons of water to create a slurry
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Sauté the garlic and ginger for 30 seconds, until aromatic. **2.** Add the diced eggplant to the wok and cook for 3–4 minutes, or until it softens. **3.** Stir in the chili bean paste and soy sauce, turning to evenly coat the eggplant. **4.** Pour in the water and cook for 2 minutes, until the eggplant is soft. **5.** Add the cornstarch slurry to the wok and stir constantly until the sauce thickens, about 1–2 minutes. **6.** Drizzle with the remaining oil, toss to mix, and cook for an additional minute. Serve hot with steaming rice or as a side dish.

Nutritional Information: 418 calories, 5.6g protein, 33.8g carbs, 30g fat, 5.7g fiber, 0mg cholesterol, 2737mg sodium, and 720mg potassium.

54. Chicken and asparagus with a black bean sauce



Yield: 4 servings | Prep time: 10 minutes | Cook time: 10 minutes.

Ingredients:

1 pound chicken breast, diced
2 cups chopped asparagus
3 Tbsp black bean sauce
3 garlic cloves, minced
1 tablespoon ginger, minced
2 Tbsp soy sauce
2 Tbsp vegetable oil
1 tablespoon cornstarch mixed with 2 tablespoons of water to create a slurry
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir-fry the chicken for 3–4 minutes, or until thoroughly done. Remove and set aside. **2.** Add the remaining oil to the wok and sauté the garlic and ginger for 30 seconds until aromatic. **3.** Stir-fry the asparagus in the wok for 2–3 minutes, or until tender and crisp. **4.** Return the chicken to the wok and stir in the asparagus. **5.** Add the black bean sauce, soy sauce, and water, mixing thoroughly to coat all ingredients. **6.** Add the cornstarch slurry and continue to whisk until the sauce thickens, which should take about 1–2 minutes. Serve hot with steamed rice or noodles.

Nutritional Information: 887 calories, 101.6 grams of protein, 28.8 grams of carbs, 40.2 grams of fat, 5.3 grams of fiber, 120 mg of cholesterol, 4092 mg of sodium, and 1350 milligrams of potassium.

55.Wok Stir-Fried Lotus Root with Wood Ear Mushrooms



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

2 cups lotus root, sliced
1 cup of soaked and sliced wood ear mushrooms
3 garlic cloves, minced
1 tablespoon ginger, minced
2 Tbsp soy sauce
2 Tbsp vegetable oil
1 tablespoon cornstarch mixed with 2 tablespoons of water to create a slurry
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Sauté the garlic and ginger for 30 seconds, until aromatic. **2.** Add the lotus root slices to the wok and cook for 3-4 minutes, or until they soften. **3.** Add the wood ear mushrooms and cook for an additional 2-3 minutes. **4.** Add the soy sauce and water, stirring to blend the flavors. **5.** Add the cornstarch slurry and continue to whisk until the sauce thickens, which should take about 1-2 minutes. **6.** Drizzle with the remaining oil and stir-fry for 1 minute to boost the taste. Serve hot as a side dish or alongside steaming rice.

Nutritional Information: 428 calories, 5.6g protein, 42.8g carbohydrates, 28.4g fat, 12.3g fiber, 0 mg cholesterol, 1927mg sodium, and 940mg potassium.

56.Stir-fry with beef, bell peppers, and black pepper sauce



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 lb. of sliced beef
2 bell peppers, sliced
3 garlic cloves, minced
Three tablespoons soy sauce
2 Tbsp vegetable oil
1 teaspoon freshly ground black pepper
1 tablespoon cornstarch mixed with 2 tablespoons of water to create a slurry
1/4 cup water

Directions:

1. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir in the steak and cook for 3-4 minutes, until browned. Remove and set aside. **2.** Add the remaining oil to the wok. Sauté the garlic for 30 seconds, until aromatic. **3.** Stir-fry the bell peppers in the wok for 2-3 minutes, or until tender and crisp. **4.** Return the steak to the wok and stir in the bell peppers. **5.** Add the soy sauce, water, and black pepper, and stir thoroughly to coat all ingredients. **6.** Add the cornstarch slurry and continue to whisk until the sauce thickens, which should take about 1-2 minutes. Serve hot with steamed rice or noodles.

Nutritional Information: 1039 calories, 70.7g protein, 31.7g carbs, 72.7g fat, 6.7g fiber, 120mg of cholesterol, 2909mg of sodium, and 1527mg of potassium.

Chapter 11: Korean-Inspired Wok Dishes



Bon appetite

57.Wok Bulgogi-style Beef Stir-Fry



Yield: 4 servings | Prep Time: 15 min | Cook Time: 10 min

Ingredients:

1 lb. Thin-sliced beef sirloin
3 tablespoons soy sauce
2 Tbsp brown sugar
3 garlic cloves, minced
1 tablespoon ginger, minced
1 tablespoon sesame oil
1/2 cup scallion, chopped
1 tablespoon of vegetable oil
1 teaspoon of sesame seeds

Directions:

1. In a bowl, combine the soy sauce, brown sugar, garlic, ginger, and sesame oil to make a marinade. **2.** Add the beef slices to the marinade, mix thoroughly, and set aside for 10–15 minutes. **3.** Heat the vegetable oil in a wok over medium-high heat. Stir in the marinated beef and cook for 3-4 minutes, until browned. **4.** Add the scallions and cook for a further 1–2 minutes. **5.** Sprinkle sesame seeds over the steak and cook for an additional minute. **6.** Switch off the heat and serve it hot, accompanied by steamed rice or noodles. If desired, garnish with more onions or sesame seeds.

Nutritional Information: 1050 calories, 68.9 grams of protein, 34.2 grams of carbs, 73.6 grams of fat, 1.4 grams of fiber, 120 mg of cholesterol, 2908 mg of sodium, and 989 mg of potassium.

58.Wok Dak Bulgogi: Spicy Chicken Stir-Fry



Yield: 4 servings | Prep time: 15 min | Cook time: 10 min

Ingredients:

1 pound boneless, skinless chicken thighs
2 teaspoons of gochujang (Korean chili paste)
2 tablespoons of soy sauce
2 teaspoons brown sugar
3 cloves of minced garlic
1 tablespoon minced ginger
2 teaspoons vegetable oil
1/2 cup chopped scallions

Directions:

1. To make a marinade, combine gochujang, soy sauce, brown sugar, garlic, and ginger. **2.** Make sure to marinate all of the chicken slices. Allow to marinate for 10-15 minutes. **3.** In a wok, heat 1 tablespoon vegetable oil on medium-high heat. Stir in the marinated chicken and simmer for 4-5 minutes, or until thoroughly done. **4.** Add the scallions and stir fry for another 1-2 minutes. **5.** Drizzle the remaining oil over the chicken and cook for another minute to boost the flavor. **6.** Serve hot, with steaming rice or noodles. If desired, garnish with additional onions or sesame seeds.

Nutritional Information: 1124 calories, 65.4g of protein, 44.9g of carbs, 76.7g of fat, 1.6g of fiber, 140mg of cholesterol, 2527mg of sodium, and 882 mg of potassium.

59. Wok-Kimchi and Mushroom Stir-Fry



Yield: 4 servings | **Prep Time:** 10 min | **Cook Time:** 10 min

Ingredients:

1 cup chopped kimchi
2 cups of chopped mushrooms
3 cloves of minced garlic
1 tablespoon of soy sauce
1 tablespoon gochujang (Korean chili paste)
2 teaspoons vegetable oil
1/4 cup chopped scallions

Directions:

1. In a wok, heat 1 tablespoon vegetable oil on medium-high heat. Sauté the garlic for 30 seconds, or until fragrant. 2. Stir fry the mushrooms in the wok for 3-4 minutes, or until soft. 3. Stir in the kimchi and simmer for 2-3 minutes, stirring constantly. 4. Add the soy sauce and gochujang, making sure to coat the mushrooms and kimchi equally. 5. Drizzle in the remaining oil and stir cook for another minute to blend the flavors. 6. Sprinkle with scallions and stir quickly. Serve hot as a side dish or over steaming rice.

Nutritional Information: 349 calories, 8.7g protein, 18.6g carbs, 29.1g fat, 2.7g fibre, 0mg cholesterol, 1869mg sodium, and 644mg potassium.

60. Wok Haemul Bokkeum (spicy mixed seafood stir-fry)



Yield: 4 servings | **Prep time:** 15 min | **Cooking time:** 10 min

Ingredients:

1/2 pound of shrimp, peeled and deveined
1/2 lb. Squid is cleaned and cut
Scallops (1/2 pound)
2 teaspoons of gochujang (Korean chili paste)
2 tablespoons of soy sauce
3 cloves of minced garlic
1 cup julienned carrot
1 cup, sliced zucchini
Two teaspoons vegetable oil

Directions:

1. In a wok, heat 1 tablespoon vegetable oil on medium-high heat. Sauté the garlic for 30 seconds, or until fragrant. 2. Stir-fry the shrimp, squid, and scallops for 3-4 minutes, until just done. Set aside. 3. Add the rest of the oil to the wok. Stir in the carrots and zucchini, cooking for 3-4 minutes until tender-crisp. 4. Return the fish to the wok and mix together with the vegetables. 5. Stir in the gochujang and soy sauce to thoroughly coat all of the ingredients. 6. Cook for another minute to ensure the sauce is thoroughly heated. Serve hot alongside steaming rice or noodles.

Nutritional Information: 803 calories, 81.2g protein, 36g carbs, 33.8g fat, 5.3g fibre, 338mg cholesterol, 3110mg sodium, and 1531mg potassium.

61. Wok-gochugaru beef with onion and peppers



Yield: 4 servings | Prep Time: 10 min | Cook Time: 10 min

Ingredients:

1 lb. Sliced beef sirloin
2 tablespoons gochugaru (Korean chili flakes)
2 tablespoons of soy sauce
3 cloves of minced garlic
1 medium, sliced onion
1 cup sliced bell peppers
Two teaspoons vegetable oil

Directions:

1. In a wok, heat 1 tablespoon vegetable oil on medium-high heat. Sauté the garlic for 30 seconds, or until fragrant. **2.** Add the meat slices to the wok and cook for 3-4 minutes, or until browned. Set aside. **3.** Add the rest of the oil to the wok. Stir in the onions and bell peppers, cooking for 2-3 minutes until tender-crisp. **4.** Return the steak to the wok and combine with the veggies. **5.** Add the gochugaru and soy sauce, stirring carefully to evenly cover all ingredients. **6.** Cook for an additional 1-2 minutes to combine the flavors. Serve hot alongside steaming rice or noodles.

Nutritional Information: 1013 calories, 69.3g protein, 26.7g carbs, 72.5g fat, 6.1g fiber, 120mg cholesterol, 1967mg sodium, and 1182mg potassium.

62. Wok Tteokbokki Stir-Fry with Rice Cakes and Vegetables



Yield: 4 servings | Prep Time: 10 min | Cook Time: 10 min

Ingredients:

2 cups sliced rice cakes
2 teaspoons of gochujang (Korean chili paste)
2 tablespoons of soy sauce
3 cloves of minced garlic
1 cup julienned carrot
1 medium, sliced onion
2 teaspoons vegetable oil
1/4 cup chopped scallions

Directions:

1. In a wok, heat 1 tablespoon vegetable oil on medium-high heat. Sauté the garlic for 30 seconds, or until fragrant. **2.** Stir fry the carrots and onion in the wok for 2-3 minutes, or until slightly soft. **3.** Push the vegetables to the side and add the remaining oil. Stir-fry the rice cakes for 2 minutes, or until tender. **4.** Toss in the gochujang and soy sauce, making sure to coat the rice cakes and vegetables equally. **5.** Cook for another 2-3 minutes, allowing the sauce to thicken and the flavors to blend. **6.** Sprinkle with scallions and stir quickly. Serve hot as a main dish or a snack.

Nutritional Information: 833 calories, 13.1g of protein, 129.5g of carbohydrates, 29.9g of fat, 7.4g of fiber, 0mg of cholesterol, 2555mg of sodium, and 862 mg of potassium.

63. Stir-fry with Wok Kimchi and Udon noodles



Yield: 4 servings | Prep Time: 10 min | Cook Time: 10 min

Ingredients:

2 cups cooked udon noodles
1 cup chopped kimchi
1 tablespoon gochujang (Korean chili paste)
1 tablespoon of soy sauce
3 cloves of minced garlic
2 teaspoons vegetable oil
1/4 cup chopped scallions

Directions:

1. In a wok, heat 1 tablespoon vegetable oil on medium-high heat. Sauté the garlic for 30 seconds, or until fragrant. **2.** Stir in the chopped kimchi and cook for 2-3 minutes, until heated through. **3.** Place the kimchi to one side of the wok. Toss in the remaining oil and stir cook the udon noodles for 2 minutes. **4.** Stir in the gochujang and soy sauce, making sure to evenly coat the noodles and kimchi. **5.** Stir fry for an additional 2-3 minutes, or until the noodles are heated and the sauce is well combined. **6.** Add scallions and stir briefly. Serve hot as a main dish.

Nutritional Information: 739 calories, 12.7g protein, 98.6g carbs, 29.7g fat, 3.7g fiber, 0 mg cholesterol, 1883mg sodium, and 384mg potassium.

64. Wok-Doenjang Chicken with Vegetables



Yield: 4 servings | Prep Time: 10 min | Cook Time: 10 min

Ingredients:

1 pound of diced chicken breast
2 tablespoons of doenjang (Korean soybean paste)
3 cloves of minced garlic
1 cup julienned carrot
1 cup, sliced zucchini
2 teaspoons vegetable oil
1 tablespoon of soy sauce
1/4 cup chopped scallions

Directions:

1. In a wok, heat 1 tablespoon vegetable oil on medium-high heat. Sauté the garlic for 30 seconds, or until fragrant. **2.** Stir fry the diced chicken in the wok for 4-5 minutes, or until cooked through. **3.** Push the chicken to the side and pour the remaining oil. Stir in the carrots and zucchini, and cook for 2-3 minutes until tender-crisp. **4.** Add the doenjang and soy sauce, and stir well to evenly coat the chicken and vegetables. **5.** Stir-fry for another 2 minutes to let the flavors blend. **6.** Add scallions and stir briefly. Serve hot alongside steaming rice or noodles.

Nutritional Information: 879 calories, 97.4 g protein, 25.1 g carbs, 40.8 g fat, 5.5 g fiber, 120 mg cholesterol, 2257 mg sodium, and 1584 mg potassium.

65. Stir-Fry with Spicy Korean Vegetables in Wok



Yield: 4 servings | **Prep Time:** 10 min | **Cook Time:** 10 min

Ingredients:

1 cup julienned carrot
1 cup, sliced zucchini
1 cup sliced bell peppers
1 cup sliced mushrooms
2 teaspoons of gochujang (Korean chili paste)
1 tablespoon of soy sauce
3 cloves of minced garlic
2 teaspoons vegetable oil
1/4 cup chopped scallions

Directions:

1. In a wok, heat 1 tablespoon vegetable oil on medium-high heat. Sauté the garlic for 30 seconds, or until fragrant. **2.** Combine the carrots, zucchini, bell peppers, and mushrooms in the wok. Stir-fry for 3-4 minutes, until tender and crisp. **3.** Push the vegetables aside and pour the remaining oil. Add the gochujang and soy sauce, combining to make a sauce. **4.** Stir the sauce into the vegetables and cook for another 2-3 minutes. **5.** Sprinkle with scallions and mix quickly. **6.** Serve hot as a side dish or with steaming rice. Garnish with sesame seeds if desired.

Nutritional Information: 454 calories, 9.4 g protein, 43.1 g carbohydrates, 29.8 g fat, 9 g fiber, 0 mg cholesterol, 1603 mg sodium, and 1224 mg potassium.

66. Wok Korean-Style Garlic Butter Shrimp



Yield: 4 servings | **Prep time:** 10 min | **Cook time:** 10 min

Ingredients:

1 lb. shrimp, peeled and deveined
4 cloves of minced garlic
2 tablespoons butter
1 tablespoon soy sauce
1 teaspoon of gochugaru (Korean chili flakes)
1 tablespoon of vegetable oil
1/4 cup scallion, chopped

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Sauté the garlic for 30 seconds, until aromatic. **2.** Stir-fry the shrimp in the wok for 2-3 minutes, or until pink. **3.** Push the shrimp to one side and then add the butter to the wok. Let it melt fully. **4.** Add the soy sauce and gochugaru, combining thoroughly with the butter. **5.** Toss the shrimp in the sauce until evenly coated, then heat for another 1-2 minutes. **6.** Sprinkle with scallions and mix quickly. Serve hot as a main meal or with steamed rice.

Nutritional Information: 604 calories, 48.5 grams of protein, 9.2 grams of carbs, 40.1 grams of fat, 0.9 grams of fiber, 376 mg of cholesterol, 1397 mg of sodium, and 356 mg of potassium.

67.Wok Bulgogi-Inspired Noodle Stir Fry



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1/2 lb. Thin-sliced beef sirloin
2 cups of cooked rice noodles
2 Tbsp soy sauce
1 tablespoon brown sugar
3 garlic cloves, minced
1 cup julienned carrots
1/4 cup scallion, chopped
2 Tbsp vegetable oil

Directions:

1. In a small bowl, combine the soy sauce, brown sugar, and garlic to make a sauce. **2.** Heat 1 tablespoon vegetable oil in a wok over medium-high heat. Stir-fry the beef pieces for 3-4 minutes, until browned. Remove and set aside. **3.** Add the remaining oil to the wok. Stir in the carrots and cook for 2 minutes, until tender-crisp. **4.** Return the steak to the wok, then mix in the cooked rice noodles. **5.** Pour the sauce over the steak and noodles, turning to coat thoroughly. **6.** Stir in the scallions and cook for 1-2 minutes until the flavors mix. Serve hot as the main course.

Nutritional Information: 1079 calories, 41.9g protein, 118.2g carbs, 51.3g fat, 5g fiber, 60mg cholesterol, 2029mg sodium, and 973mg potassium.

68.Wok Gochujang Tofu Stir-Fry



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 block (14 oz) firm tofu, cubed
2 teaspoons of gochujang (Korean chili paste)
1 tablespoon soy sauce
3 garlic cloves, minced
1 cup julienned carrots
2 Tbsp vegetable oil
1/4 cup scallion, chopped

Directions:

1. Heat 1 tablespoon vegetable oil in a wok over medium-high heat. Stir in the tofu cubes and cook for 4-5 minutes, or until golden. Remove and set aside. **2.** Add the remaining oil to the wok and sauté the garlic for 30 seconds until fragrant. **3.** Stir in the carrots and cook for 2-3 minutes, until tender-crisp. **4.** Return the tofu to the wok and mix in the vegetables. **5.** Stir in the gochujang and soy sauce, being sure to coat the tofu and vegetables equally. **6.** Sprinkle with scallions and cook for an additional minute. Serve hot as a main meal or with steamed rice.

Nutritional Information: 779 calories, 39.9 grams of protein, 37.6 grams of carbs, 50.8 grams of fat, 7.5 grams of fiber, 0 mg of cholesterol, 1631 mg of sodium, and 804 mg of potassium.

Chapter 12: Thai Inspired Wok Dish



Bon appetite

69. Wok Pad Kra Pao Gai (Chicken with Holy Basil)



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 lb. Ground chicken
1 cup holy basil leaves
4 cloves of minced garlic
2 red chilies, chopped
1 tablespoon soy sauce
1 spoonful of fish sauce
1 tablespoon of vegetable oil

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir sauté the garlic and chiles for 30 seconds, or until aromatic. **2.** Add the ground chicken to the wok and break it up with a spatula. **3.** Stir-fry for 5-6 minutes, until thoroughly done. **4.** Add the soy sauce and fish sauce, combining well to coat the chicken evenly. **5.** Toss in the holy basil leaves until wilted, which should take about 1-2 minutes. **6.** Taste and adjust seasoning as needed. Serve hot over steamed rice, or add a fried egg for an authentic touch. If desired, garnish with more chili peppers or basil leaves.

Nutritional Information: 870 calories, 74.2g protein, 9.8g carbs, 62.7g fat, 2.3g fiber, 160mg of cholesterol, 2226mg of sodium, and 1108mg of potassium.

70. Wok-Fried Morning Glory (Pad Pak Boong Fai Daeng)



Yield: 4 servings | Prep Time: 5 min | Cook Time: 5 min

Ingredients:

2 cups of chopped morning glory (water spinach)
3 garlic cloves, minced
2 red chilies, chopped
1 tablespoon soy sauce
1 tablespoon of oyster sauce
1 tablespoon of vegetable oil

Directions:

1. Heat the vegetable oil in a wok over high heat until it shimmers. **2.** Stir sauté the garlic and chiles for 30 seconds, or until aromatic. **3.** Stir in the morning glories and cook for 1-2 minutes, until wilted. **4.** Pour in the soy sauce and oyster sauce, swirling well to coat the vegetables evenly. **5.** Stir fry for another minute, ensuring careful to properly combine everything. **6.** Remove from the fire and serve hot as a side dish or over steamed rice. If desired, garnish with more chilis.

Nutritional Information: 202 calories, 6.2 grams of protein, 14.6 grams of carbs, 14.6 grams of fat, 4.7 grams of fiber, 0 mg of cholesterol, 1454 mg of sodium, and 463 milligrams of potassium.

71. Wok steak in oyster sauce and Thai chili



Yield: 4 servings | **Prep time:** 10 min | **Cook time:** 10 min

Ingredients:

1/2-lb. beef sirloin, sliced
2 Tbsp oyster sauce
1 tablespoon soy sauce
3 garlic cloves, minced
2 Thai chilies, chopped
1 tablespoon of vegetable oil
1/4 cup green onion, chopped

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir sauté the garlic and chiles for 30 seconds, or until aromatic. **2.** Add the sliced meat to the wok and cook for 3-4 minutes, or until browned. **3.** Stir in the oyster sauce and soy sauce, stirring to evenly coat the beef. **4.** Reduce the heat and simmer for another 2 minutes, allowing the flavors to combine. **5.** Stir in the green onions and cook for 1 minute. **6.** Taste and adjust the seasoning as needed. Serve hot with steamed rice or noodles.

Nutritional Information: 495 calories, 34.7g protein, 10.6g carbs, 36.1g fat, 0.9g fiber, 60mg cholesterol, 1965mg sodium, and 502mg potassium.

72. Wok Pad See Ew: Stir-Fried Flat Rice Noodles with Chicken



Yield: 4 servings | **Prep time:** 10 min | **Cook time:** 10 min

Ingredients:

1/2-lb. Chicken breast, sliced
2 cups flat rice noodles, cooked
1 tablespoon soy sauce
1 tablespoon dark soy sauce
3 garlic cloves, minced
1 cup of Chinese broccoli, chopped
1 tablespoon of vegetable oil
1 huge egg

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Sauté the garlic for 30 seconds, until aromatic. **2.** Stir-fry the chicken slices for 3-4 minutes, or until thoroughly done. **3.** Position the chicken to one side of the wok. Crack the egg into the vacant area and scramble it until done. **4.** Stir-fry the Chinese broccoli for 2 minutes, or until slightly tender. **5.** Stir in the cooked flat rice noodles. **6.** Stir in the soy sauce and dark soy sauce, making sure to coat everything evenly. **7.** Cook for an additional 1-2 minutes, until the noodles are heated and slightly caramelized. Serve immediately.

Nutritional Information: 903 calories, 63.5g protein, 102.1g carbs, 25.7g fat, 4.8g fiber, 306mg cholesterol, 2088mg sodium, and 888mg potassium.

73.Wok stir-fried squid with garlic and peppercorns



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 lb. Squid were cleaned and diced
4 cloves of minced garlic
1 tablespoon soy sauce
1 tablespoon of oyster sauce
1 teaspoon crushed white peppercorns
1 tablespoon of vegetable oil
1/4 cup cilantro, chopped

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic for 30 seconds, or until fragrant. 2. Stir-fry the squid in the wok for 2-3 minutes, or until opaque. 3. Combine the soy sauce, oyster sauce, and crushed white peppercorns. Mix thoroughly to coat the squid. 4. Cook for another 2 minutes, until the sauce thickens slightly. 5. Remove from the fire and sprinkle with chopped cilantro. 6. Serve hot as a main course with steamed rice or as a side dish. Garnish with more cilantro if desired.

Nutritional Information: 339 calories, 32.4g of protein, 12.2g of carbs, 16.7g of fat, 0.9g of fiber, 375mg of cholesterol, 1535mg of sodium, and 592 mg of potassium.

74.Wok chicken with the cashew nuts (Gai Pad Med Mamuang)



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1/2 lb. Chicken breast, sliced
1/4 cup cashew nuts
1 tablespoon soy sauce
1 tablespoon of oyster sauce
3 garlic cloves, minced
1/2 cup chopped onion
1/2 cup chopped bell pepper
2 dried chiles
1 tablespoon of vegetable oil

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Add the dried chiles and cook for 30 seconds, or until aromatic. Remove and set aside. 2. Stir-cook the chicken in the wok for 30 seconds, or until golden. 3. Stir in the onion and bell pepper for 2 minutes, or until slightly tender. 4. Stir fry the onion and bell pepper for 2 minutes, or until slightly tender. 5. Stir in the soy sauce and oyster sauce, making sure to coat all ingredients. 6. Put the cashew nuts and dried chilies back into the wok. Stir-fry for 1-2 minutes until combined. Serve hot, with steamed rice.

Nutritional Information: 606 calories, 52.4g protein, 26.6g carbs, 31.3g fat, 3.8g fiber, 120mg of cholesterol, 1502mg of sodium, and 885mg of potassium.

75.Wok Thai Garlic and Pepper Chicken



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1/2 lb. Chicken breast, sliced
4 cloves of minced garlic
1 tablespoon soy sauce
1 tablespoon of oyster sauce
1/2 teaspoon of white pepper
1 tablespoon of vegetable oil
1/4 cup chopped cilantro (for garnish)

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir in the garlic and cook for 30 seconds, or until browned and aromatic. **2.** Stir-fry the chicken slices for 3-4 minutes, or until thoroughly done. **3.** To coat the chicken completely, mix in the soy sauce, oyster sauce, and white pepper. **4.** Cook for another 2 minutes, until the sauce thickens slightly. **5.** Remove from heat and place in a serving dish. **6.** Garnish with chopped cilantro. Serve hot alongside steamed rice or as part of a bigger meal.

Nutritional Information: 401 calories, 46.3g protein, 7.5g carbs, 19g fat, 0.7g fiber, 120mg cholesterol, 1494mg sodium, and 527mg potassium.

76.Wok-fried clams with chile and basil



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 lb. cleaned clams
3 garlic cloves, minced
2 red chilies, chopped
1 cup of Thai basil leaves
1 tablespoon soy sauce
1 tablespoon of oyster sauce
1 tablespoon of vegetable oil

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir sauté the garlic and chiles for 30 seconds, or until aromatic. **2.** Add the clams to the skillet and cook for 2 minutes. **3.** Toss the clams in the soy sauce and oyster sauce until equally coated. **4.** Cover the wok and simmer the clams for 3-4 minutes until they open. **5.** Stir in the Thai basil leaves and cook for 1-2 minutes, or until wilted. **6.** Discard any unopened clams. Serve hot alongside steamed rice or as an appetizer.

Nutritional Information: 334 calories, 31.2g protein, 13.2g carbs, 16.7g fat, 2.3g fiber, 57mg of cholesterol, 1558mg of sodium, and 858mg of potassium.

77.Wok Pad Cha Fish: Stir-Fried Spicy Fish



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

1 pound of fish fillets cut into bits
3 garlic cloves, minced
2 red chilies, chopped
1 cup of Thai basil leaves
1 tablespoon soy sauce
1 tablespoon of oyster sauce
1 tablespoon of vegetable oil
1 tablespoon of green peppercorns

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir sauté the garlic and chiles for 30 seconds, or until aromatic. **2.** Add the fish fillets to the wok and gently stir-fry for 3-4 minutes, or until cooked through. **3.** Stir in the soy sauce and oyster sauce, making sure to coat the fish evenly. **4.** Toss in the green peppercorns and Thai basil leaves and let them wilt for 1–2 minutes. **5.** Taste and adjust seasoning as needed. **6.** Switch off the heat and serve the dish hot, accompanied by steaming rice. If desired, garnish with more basil leaves or green peppercorns.

Nutritional Information: 399 calories, 47.8g protein, 13.6g carbs, 18.9g fat, 3.3g fiber, 90mg cholesterol, 1538mg sodium, and 978mg potassium.

78.Wok Stir-Fried Glass Noodles (Pad Woon Sen)



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

Soak and drain four-ounce glass noodles
1/2 lb. Chicken breast, sliced
2 eggs, beaten
1/2 cup julienned carrots
1/4 cup green onion, chopped
1 tablespoon soy sauce
1 tablespoon of oyster sauce
1 tablespoon of vegetable oil

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir-fry the chicken slices for 3-4 minutes, or until thoroughly done. **2.** Add beaten eggs to one side of the wok and push the chicken to the other. Scramble the eggs until completely cooked. **3.** Add the carrots to the wok and cook for 1-2 minutes. **4.** Toss in the soaking glass noodles and mix well with the remaining ingredients. **5.** Add the soy sauce and oyster sauce, coating the noodles evenly. **6.** Stir in the green onions and cook for 1 minute. Take it off the stove and serve hot as the main course.

Nutritional Information: 709 calories, 58.1g protein, 50.6g carbs, 29.1g fat, 3.0g fiber, 492mg of cholesterol, 1678mg of sodium, and 839mg of potassium.

79. Stir-fry bamboo shoots with eggs and chile



Yield: 4 servings | **Prep time:** 10 min | **Cook time:** 10 min

Ingredients:

1 cup sliced bamboo shoots
2 eggs, beaten
2 red chilies, chopped
3 garlic cloves, minced
1 tablespoon soy sauce
1 tablespoon of vegetable oil

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir sauté the garlic and chiles for 30 seconds, or until aromatic. **2.** Add the bamboo stalks to the wok and cook for 2-3 minutes. **3.** Push the bamboo shoots to one side of the wok, then pour the beaten eggs to the other. **4.** Scramble the eggs until fully cooked, then stir in the bamboo shoots. **5.** Coat the contents thoroughly with the soy sauce. **6.** Continue cooking for another 1–2 minutes, making sure everything is properly heated. Serve hot as a side dish or with steaming rice.

Nutritional Information: 320 calories, 16.4 g of protein, 11.8 g of carbs, 24.4 g of fat, 2.3 g of fiber, 372 mg of cholesterol, 1077 mg of sodium, and 775 mg of potassium.

80. Stir-fried shrimp with lemongrass and lime leaves



Yield: 4 servings | **Prep time:** 10 min | **Cook time:** 10 min

Ingredients:

1 lb. shrimp, peeled and deveined
2 stalks of lemongrass, finely chopped
4 thinly cut kaffir lime leaves
3 garlic cloves, minced
2 red chilies, chopped
1 tablespoon soy sauce
1 tablespoon of vegetable oil

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic for 30 seconds, or until fragrant. **2.** Stir in the chopped lemongrass and lime leaves, cooking for 1–2 minutes until aromatic. **3.** Stir-fry the shrimp for 2–3 minutes, or until they are pink and totally cooked. **4.** Incorporate the red chilies and soy sauce until they completely coat the shrimp. **5.** Stirring to ensure equal distribution of the ingredients, continue cooking for an additional one to two minutes. **6.** Remove from heat and place on a serving plate. Serve hot as a main course with steamed rice or as a savory starter.

Nutritional Information: 409 calories, 48.2g protein, 11.6g carbs, 17.1g fat, 1.5g fiber, 315mg of cholesterol, 1393mg of sodium, and 392mg of potassium.

81. Cook green beans with chile and shrimp paste



Yield: 4 servings | **Prep time:** 10 min | **Cook time:** 10 min

Ingredients:

2 cups of green beans, trimmed
1 spoonful of shrimp paste
3 garlic cloves, minced
2 red chilies, chopped
1 tablespoon soy sauce
1 tablespoon of vegetable oil

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic for 30 seconds, or until fragrant. **2.** Stir in the shrimp paste and cook for 1 minute, breaking it up and mixing it with the garlic. **3.** Stir in the green beans and cook for 3–4 minutes, or until tender-crisp. **4.** Incorporate the red chilies and soy sauce until they completely coat the green beans. **5.** Continue cooking for an additional one to two minutes, ensuring a thorough distribution of flavors. **6.** Remove from heat and place on a serving plate. Serve hot as a side dish to steamed rice or as part of a meal.

Nutritional Information: 230 calories, 7.9g protein, 20.6g carbs, 15.0g fat, 4.7g fiber, 10mg cholesterol, 2306mg sodium, and 515mg potassium.

82. Stir-fried chicken with ginger and mushrooms



Yield: 4 servings | **Prep time:** 10 min | **Cook time:** 10 min

Ingredients:

1/2 lb. Chicken breast, sliced
2 tablespoons of fresh ginger, julienned
1 cup sliced mushrooms
3 garlic cloves, minced
1 tablespoon soy sauce
1 tablespoon of oyster sauce
1 tablespoon of vegetable oil

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir sauté the garlic and ginger for 30 seconds, or until fragrant. **2.** Stir-fry the chicken slices for 3-4 minutes, or until thoroughly done. **3.** Stir in the mushrooms and cook for another 2 minutes, until tender. **4.** Add the soy sauce and oyster sauce, combining thoroughly to coat all of the ingredients. **5.** Cook for 1-2 minutes, ensuring an even distribution of the sauce. **6.** Remove from heat and place in a serving dish. Serve hot alongside steamed rice or as part of a meal.

Nutritional Information: 423 calories, 48.2g protein, 11.2g carbs, 19.3g fat, 1.2g fiber, 120mg of cholesterol, 1499mg of sodium, and 753mg of potassium.

Chapter 13: Fried Rice Variations



Bon appetite

83.Wok Thai pineapple-fried rice with cashews



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

2 cups cooked jasmine rice
1 cup pineapple chunks
1/4 cup cashews
1 tablespoon of vegetable oil
1 tablespoon soy sauce
1/4 cup green onion, chopped
3 garlic cloves, minced
2 eggs, beaten

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic for 30 seconds, or until fragrant. **2.** Push the garlic to one side and add the beaten eggs to the wok. Scramble the eggs until done, then add in the garlic. **3.** Stir-fry the pineapple pieces and cashews for around 1–2 minutes. **4.** Add the cooked jasmine rice and mix well to break up any clumps. **5.** Incorporate the soy sauce, coating the rice evenly. **6.** Add the green onions and cook for a further 1–2 minutes. **7.** Take it off the fire and serve it hot as a main course or a side dish.

Nutritional Information: 934 calories, 27.6g protein, 125.3g carbs, 37.8g fat, 4.9g fiber, 372mg cholesterol, 1086mg sodium, and 690mg potassium.

84.Indonesian Nasi Goreng, a spicy fried rice dish



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

2 cups cooked jasmine rice
1/2 cup chicken breast, diced
1/2 cup peeled shrimp
3 garlic cloves, minced
2 red chilies, chopped
2 teaspoons of sweet soy sauce
1 tablespoon of vegetable oil
2 eggs, fried
1/4 cup green onion, chopped

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir sauté the garlic and red chilies for 30 seconds, or until aromatic. **2.** Cook the chicken and shrimp for 3–4 minutes, until fully done. **3.** Push the mixture to one side of the wok, then add the cooked rice. Stir-fry the rice for 2 minutes, then stir in the chicken and shrimp. **4.** Add the sweet soy sauce and mix well to coat the rice evenly. **5.** Stir in the green onions and cook for 1 minute. **6.** Remove from the heat source and transfer to serving plates. Top each platter with a cooked egg. Serve hot, topped with extra chilies or cucumber slices as desired.

Nutritional Information: 915 calories, 56.1 grams of protein, 106.0 grams of carbs, 29.7 grams of fat, 2.1 grams of fiber, 522 mg of cholesterol, 722 mg of sodium, and 643 milligrams of potassium.

85.Wok steak with pickled mustard greens and fried rice



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

2 cups cooked jasmine rice
1/2 cup finely sliced beef
1/2 cup pickled mustard greens, chopped
3 garlic cloves, minced
1 tablespoon soy sauce
1 tablespoon of vegetable oil
2 eggs, beaten

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic for 30 seconds, or until fragrant. **2.** Stir-fry the beef pieces for 2–3 minutes, or until browned. **3.** Push the steak to one side and add the beaten eggs. Scramble the eggs until done, then combine with the beef. **4.** Stir in the pickled mustard greens and cook for 1 minute. **5.** Add the cooked jasmine rice and soy sauce, tossing well to coat evenly. **6.** Stir-fry for another two minutes to fully heat everything. **7.** Remove from the fire and serve hot, topped with more chopped scallions if desired.

Nutritional Information: 826 calories, 43.0 grams of protein, 96.6 grams of carbs, 29.6 grams of fat, 2.4 grams of fiber, 432 mg of cholesterol, 1874 mg of sodium, and 525 milligrams of potassium.

86.Wok Shrimp with Egg White Fried Rice



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

2 cups cooked jasmine rice
1/2 cup peeled shrimp
3 big egg whites
3 garlic cloves, minced
1 tablespoon of vegetable oil
1 tablespoon soy sauce
1/4 cup scallion, chopped

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic for 30 seconds, or until fragrant. **2.** Stir-fry the shrimp for 2–3 minutes, or until they are pink and cooked through. **3.** Push the shrimp to one side of the wok, then pour in the egg whites. Scramble the egg whites until thoroughly cooked, then mix in the shrimp. **4.** Add the cooked jasmine rice to the wok, breaking up any clumps, and simmer for 2 minutes. **5.** Incorporate the soy sauce, coating the rice evenly. **6.** Add the scallions and cook for another minute. **7.** Remove from the fire and serve hot, garnished with extra scallions as desired.

Nutritional Information: 666 calories, 32.7g protein, 95.6g carbs, 16.6g fat, 1.6g fiber, 90mg of cholesterol, 1271mg of sodium, and 427mg of potassium.

87. Malaysian sambal fried rice with anchovies



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

2 cups cooked jasmine rice
1/4 cup fried anchovies
2 teaspoons of sambal chili paste
3 garlic cloves, minced
2 eggs, fried
1 tablespoon of vegetable oil
1/4 cup green onion, chopped

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic for 30 seconds, or until fragrant. **2.** Add the sambal chili paste and cook for another 30 seconds to release its scent. **3.** Stir in the prepared jasmine rice and heat for 2 minutes until fully combined with the sambal paste. **4.** Stir in the fried anchovies and green onions until fully combined. **5.** Stir fry for another one to two minutes to achieve complete heating. **6.** Remove from the heat source and transfer to serving plates. Top each plate with a fried egg. Serve hot, topped with more anchovies or chiles as desired.

Nutritional Information: 795 calories, 37.7g of protein, 100.0g of carbohydrates, 28.1g of fat, 2.6g of fiber, 412mg of cholesterol, 841mg of sodium, and 473mg of potassium.

88. Wok vegetarian fried rice with edamame and tofu



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

2 cups cooked jasmine rice
1/2 cup shelled edamame
1/2 cup tofu, diced
3 garlic cloves, minced
1 tablespoon of vegetable oil
1 tablespoon soy sauce
1/4 cup scallion, chopped

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic for 30 seconds, or until fragrant. **2.** Stir-fry the tofu for 2–3 minutes, or until gently browned. **3.** Add the edamame and stir-cook for another minute. **4.** Add the cooked jasmine rice to the wok, breaking up any clumps, and stir in the tofu and edamame. **5.** Incorporate the soy sauce, coating the rice evenly. **6.** Stir-fry the scallions for another minute to achieve complete heating. **7.** Remove from the fire and serve hot, garnished with extra scallions as desired.

Nutritional Information: 769 calories, 30.7 g protein, 104.6 g carbs, 25.6 g fat, 6.1 g fiber, 0 mg cholesterol, 971 mg sodium, and 532 mg potassium.

89. Wok-fried duck rice paired with hoisin and green onions



Yield: 4 servings | **Prep time:** 10 min | **Cook time:** 10 min

Ingredients:

2 cups cooked jasmine rice
1 cup of duck flesh, shredded
2 tablespoons of hoisin sauce
3 garlic cloves, minced
1 tablespoon of vegetable oil
1 tablespoon soy sauce
1/4 cup green onion, chopped

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic for 30 seconds, or until fragrant. **2.** Stir in the shredded duck flesh and cook for 2–3 minutes until warmed through and slightly crispy. **3.** Add the cooked jasmine rice, breaking up any clumps, and stir-fry for 2 minutes. **4.** Stir in the hoisin and soy sauce, making sure to evenly coat the rice and duck. **5.** To ensure thorough heating, stir-fry the green onions for 1 minute. **6.** Remove from the fire and serve hot, garnished with extra green onions if preferred.

Nutritional Information: 955 calories, 40.7g of protein, 106.6g of carbs, 40.6g of fat, 1.6g of fiber, 100mg of cholesterol, 1321mg of sodium, and 462mg of potassium.

90. Wok chili garlic-fried rice with mixed vegetables



Yield: 4 servings | **Prep time:** 10 min | **Cook time:** 10 min

Ingredients:

2 cups cooked jasmine rice
1 cup mixed veggies, diced
3 garlic cloves, minced
1 tablespoon red chili paste
1 tablespoon of vegetable oil
1 tablespoon soy sauce
1/4 cup scallion, chopped

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic for 30 seconds, or until fragrant. **2.** Stir in the red chili paste and simmer for a further 30 seconds to release the scent. **3.** Stir-fry the mixed vegetables for 2–3 minutes, or until soft but crunchy. **4.** Add the cooked jasmine rice, breaking up any clumps, and stir-fry for 2 minutes. **5.** Stir in the soy sauce, being sure to coat the rice and vegetables equally. **6.** Add the scallions and cook for another minute. **7.** Remove from the fire and serve hot, topped with extra scallions or chili flakes if preferred.

Nutritional Information: 625 calories, 12.3 grams of protein, 108.6 grams of carbs, 16.3 grams of fat, 5.6 grams of fiber, 0 mg of cholesterol, 1161 mg of sodium, and 362 milligrams of potassium.

91. Wok green curry-fried rice with chicken



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

2 cups cooked jasmine rice
1/2 cup chicken breast, diced
1 spoonful of green curry paste
1/4 cup coconut milk
3 garlic cloves, minced
1 tablespoon of vegetable oil
1/2 cup green beans, chopped
1/4 cup basil leaves

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic for 30 seconds, or until fragrant. **2.** Stir-fry the chicken breasts for 3–4 minutes, or until fully done. **3.** Blend the green curry paste and coconut milk for 1-2 minutes. **4.** Add the green beans and stir-fry for another minute. **5.** Stir-fry the cooked jasmine rice for 2 minutes, until well combined with the curry mixture. **6.** Add the basil leaves and simmer for another minute, or until wilted and aromatic. **7.** Remove from the fire and serve hot, garnished with extra basil leaves if desired.

Nutritional Information: 800 calories, 33.4g protein, 103.0g carbs, 28.8g fat, 4.5g fiber, 60mg cholesterol, 511mg sodium, and 480mg potassium.

92. Wok Tomato Fried Rice with Egg and Pepper



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

2 cups cooked jasmine rice
1 cup chopped tomatoes
1/2 cup chopped bell peppers
3 garlic cloves, minced
2 eggs, beaten
1 tablespoon of vegetable oil
1 tablespoon soy sauce
1/4 cup scallion, chopped

Directions:

1. Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic for 30 seconds, or until fragrant. **2.** Push the garlic to one side and add the beaten eggs. Scramble the eggs until done, then add in the garlic. **3.** Combine the diced tomatoes and bell peppers. Stir-fry for 2 minutes, until tender. **4.** Stir in the cooked jasmine rice, breaking up any clumps, and sauté for 2 minutes. **5.** Incorporate the soy sauce, coating the rice evenly. **6.** Stir-fry the scallions for another minute to achieve complete heating. **7.** Remove from the fire and serve hot, garnished with extra scallions as desired.

Nutritional Information: 747 calories, 23.9 g protein, 106.1 g carbs, 26.0 g fat, 5.1 g fiber, 372 mg cholesterol, 1093 mg sodium, and 657 mg potassium.

Chapter 14: Noodle-Based Wok



Bon appetite

93.Wok Singapore Rice Vermicelli (Singapore Mei Fun)



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

200 grams of rice vermicelli
1/2 cup peeled shrimp
2 eggs, beaten
1/2 cup sliced bell peppers
1/2 cup julienned carrots
1/4 cup green onion, chopped
3 garlic cloves, minced
1 tablespoon curry powder
1 tablespoon soy sauce
1 tablespoon of vegetable oil

Directions:

1. Soak the rice vermicelli in boiling water for 5 minutes, or until soft, before draining and setting aside. **2.** Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic for 30 seconds, or until fragrant. **3.** Push the garlic to one side and add the beaten eggs. Scramble till cooked, then add in the garlic. **4.** Stir-fry the shrimp for 2–3 minutes, or until they are pink and cooked through. **5.** Stir in the bell peppers and carrots, and cook for another 2 minutes, or until tender and crisp. **6.** Combine the drained vermicelli, curry powder, and soy sauce. Stir-fry the noodles for 2 minutes, ensuring an even coating and thorough heating. **7.** Add the green onions and sauté for another minute. Serve hot, topped with more green onions if desired.

Nutritional Information: 1142 calories, 41.6g protein, 180.6g carbs, 27.8g fat, 7.4g fiber, 462mg cholesterol, 1300mg sodium, and 732mg potassium.

94.Wok Cantonese Soy Sauce Fried Noodles



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

200 grams of egg noodles
1/2 cup bean sprouts
1/4 cup green onion, chopped
2 Tbsp soy sauce
1 tablespoon dark soy sauce
1 tablespoon of vegetable oil
2 garlic cloves, minced

Directions:

1. Cook the egg noodles according to the package instructions. Drain and set aside. **2.** Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic for 30 seconds, or until fragrant. **3.** Stir-fry the cooked noodles for 2 minutes to ensure even heat. **4.** Stir in the soy sauce and dark soy sauce, making sure to coat the noodles evenly. **5.** Combine the bean sprouts and green onions. Stir-fry for an additional 2 minutes, or until the vegetables are soft and crisp. **6.** Taste and adjust seasoning as needed. Stir-fry for an extra minute if necessary. **7.** Remove from the fire and serve hot, garnished with extra green onions if preferred.

Nutritional Information: 563 calories, 17.1g protein, 77.7g carbs, 18.1g fat, 3.8g fiber, 50mg of cholesterol, 2553mg of sodium, and 384mg of potassium.

95. Wok Shanghai Stir-Fried Noodles with Bok Choy



Yield: 4 servings | **Prep time:** 10 min | **Cook time:** 10 min

Ingredients:

200 grams of fresh Shanghai noodles
1 cup bok choy, chopped
2 Tbsp soy sauce
1 tablespoon dark soy sauce
1 tablespoon of vegetable oil
2 garlic cloves, minced
1/4 cup green onion, chopped

Directions:

1. Cook the Shanghai noodles according to the package instructions. Drain and set aside. Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic for 30 seconds, or until fragrant. **2.** Stir in the bok choy and cook for 2-3 minutes, or until slightly wilted. **3.** Stir in the cooked noodles and simmer for 2 minutes until heated through. **4.** Add the soy sauce and dark soy sauce, whisking thoroughly to coat the noodles equally. **5.** Add the green onions and sauté for another minute. **6.** Remove from the fire and serve hot, garnished with extra green onions if preferred.

Nutritional Information: 818 calories, 22.6g protein, 136.7g carbs, 18.0g fat, 3.3g fiber, 0mg cholesterol, 2523mg sodium, and 470mg potassium.

96. Wok Mee Goreng—Indonesia Fried Noodles



Yield: 4 servings | **Prep time:** 10 min | **Cook time:** 10 min

Ingredients:

200 grams of egg noodles
1/2 cup peeled shrimp
2 eggs, beaten
1/2 cup bean sprouts
1/2 cup shredded cabbage
2 Tbsp soy sauce
1 tablespoon of kecap manis (sweet soy sauce)
1 tablespoon of vegetable oil
2 garlic cloves, minced
1/4 cup green onion, chopped

Directions:

1. Cook the egg noodles according to the package instructions. Drain and set aside. **2.** Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic for 30 seconds, or until fragrant. **3.** Push the garlic to one side and add the beaten eggs. **4.** Scramble till cooked, then add in the garlic. **5.** Stir-fry the shrimp for 2-3 minutes, or until they are pink and cooked through. **6.** Combine the cooked noodles, cabbage, and bean sprouts. Stir-fry the vegetables for 2 minutes, or until soft and crisp. **7.** Stir in the soy sauce and kecap manis, being sure to coat the noodles evenly. **8.** Add the green onions and cook for another minute. Serve hot, topped with more green onions if desired.

Nutritional Information: 794 calories, 41.2g protein, 87.7g carbs, 29.2g fat, 4.9g fiber, 512mg cholesterol, 2439mg sodium, and 662mg potassium.

97. Stir-fried udon noodles with chicken and mushrooms



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

200 grams of fresh udon noodles
1/2 cup chicken breast, cut
1/2 cup sliced mushrooms
2 Tbsp soy sauce
1 tablespoon of oyster sauce
1 tablespoon of vegetable oil
2 garlic cloves, minced
1/4 cup green onion, chopped

Directions:

1. Cook the udon noodles according to the package instructions. Drain and set aside. **2.** Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic for 30 seconds, or until fragrant. **3.** Stir-fry the chicken slices for 2-3 minutes, or until thoroughly done. **4.** Stir in the mushrooms and cook for 2 minutes, until tender. **5.** Add the cooked udon noodles to the wok and simmer for 2 minutes until heated through. **6.** Incorporate the soy sauce and oyster sauce until they evenly coat the noodles, chicken, and mushrooms. **7.** Stir in the green onions and cook for another minute. Serve hot.

Nutritional Information: 603 calories, 31.8g protein, 80.2g carbs, 18g fat, 4.3g fiber, 50mg cholesterol, 2408mg sodium, and 544mg potassium.

98. Wok Stir-Fried La Mian with Chili and Black Bean Sauce



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

200 grams of La Mian noodles
2 tablespoons of spicy black bean sauce
1 tablespoon of vegetable oil
2 garlic cloves, minced
1/4 cup green onion, chopped
1/2 cup red bell peppers, sliced
1 tablespoon soy sauce

Directions:

1. Cook the La Mian noodles according to the package instructions. Drain and set aside. **2.** Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic for 30 seconds, or until fragrant. **3.** Stir in the red bell peppers and cook for 2-3 minutes, or until tender. **4.** Add the cooked La Mian noodles to the wok and cook for 2 minutes until heated through. **5.** Stir in the chili black bean sauce and soy sauce, being sure to coat the noodles and vegetables equally. **6.** Add the green onions and cook for another minute. **7.** Remove from the fire and serve hot, garnished with extra green onions if preferred.

Nutritional Information: 563 calories, 16.1 g protein, 84.6 g carbohydrates, 18.0 g fat, 5.8 g fiber, 0 mg cholesterol, 2375 mg sodium, and 397 mg potassium.

99.Wok Lo Mein with beef and green onions



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

200 grams of lo mein noodles
1/2 cup finely sliced beef
1/2 cup green onion, chopped
2 Tbsp soy sauce
1 tablespoon of oyster sauce
1 tablespoon of vegetable oil
2 garlic cloves, minced
1/2 cup julienned carrots

Directions:

1. Cook the lo mein noodles according to the package instructions. Drain and set aside. **2.** Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic for 30 seconds, or until fragrant. **3.** Stir-fry the beef pieces for 2–3 minutes, or until browned and cooked through. **4.** Stir in the carrots and cook for a further 2 minutes, or until slightly softened. **5.** Stir-fry the cooked noodles in the wok for 2 minutes to ensure consistent heat. **6.** Add the soy sauce and oyster sauce, combining thoroughly to coat the noodles and vegetables. **7.** Stir in the green onions and cook for another minute. Serve hot.

Nutritional Information: 662 calories, 37.6 grams of protein, 83.2 grams of carbs, 20.1 grams of fat, 5.5 grams of fiber, 50 mg of cholesterol, 2407 mg of sodium, and 684 milligrams of potassium.

100.Stir-fried rice sticks with basil and chili (Thai Sen Yai)



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

200 grams of wide rice noodles
1/2 cup of fresh basil leaves
2 chile peppers, sliced
2 Tbsp soy sauce
1 tablespoon of oyster sauce
1 tablespoon of vegetable oil
2 garlic cloves, minced
1/4 cup green onion, chopped

Directions:

1. Cook the wide rice noodles according to the package's instructions. Drain and set aside. **2.** Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic for 30 seconds, or until fragrant. **3.** Add the chile peppers and cook for 1 minute to release their flavor. **4.** Stir in the cooked rice noodles and simmer for 2 minutes until heated through. **5.** Stir in the soy sauce and oyster sauce, being sure to coat the noodles evenly. **6.** Stir in the basil leaves and green onions for another minute, until they wilt and smell aromatic. **7.** Remove from the fire and serve hot, garnished with extra basil or green onions if desired.

Nutritional Information: 890 calories, 17.7g protein, 165.7g carbs, 16.1g fat, 4.7g fiber, 0mg cholesterol, 2326mg sodium, and 334mg potassium.

101. Wok Vermicelli Stir-Fry with Egg and Chives



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

200 grams of rice vermicelli
2 huge eggs
1/2 cup chives, chopped
2 Tbsp soy sauce
1 tablespoon of vegetable oil
2 garlic cloves, minced

Directions:

1. Cook the rice vermicelli according to the package instructions. Drain and set aside. **2.** Heat the vegetable oil in a wok over medium-high heat. **3.** Stir-fry the garlic for 30 seconds, or until fragrant. **4.** Crack the eggs into the wok and scramble until they are barely set, which should take about a minute. **5.** Combine the cooked rice vermicelli and soy sauce. Stir-fry the noodles for 2–3 minutes until fully covered and thoroughly hot. **6.** Stir in the chives and cook for an additional 1–2 minutes, or until they are soft. **7.** Adjust the seasoning as needed and serve hot.

Nutritional Information: 663 calories, 21.0 g protein, 88.2 g carbs, 24.6 g fat, 1.6 g fiber, 370 mg cholesterol, 2027 mg sodium, and 334 mg potassium.

102. Wok Dan Dan Noodles (Dry Stirred)



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

200 grams of wheat noodles
1/2 cup of ground beef
1 tablespoon of chili oil
2 Tbsp soy sauce
1 tablespoon sesame paste
2 garlic cloves, minced
1/4 cup scallion, chopped

Directions:

1. Cook the wheat noodles according to the package instructions. Drain and set aside. **2.** Place a wok over medium-high heat and add the ground pork. Stir-fry for 3–4 minutes until thoroughly cooked and golden. **3.** In a small bowl, combine the chili oil, soy sauce, sesame paste, and minced garlic to make a sauce. **4.** Add the cooked noodles to the wok along with the ground pork. Stir thoroughly to mix. **5.** Pour the sauce over the noodles and toss well to coat evenly. **6.** Sprinkle with chopped scallions and stir-fry for another minute to heat through. **7.** Serve hot, and if preferred, garnish with more scallions or chili oil.

Nutritional Information: 724 calories, 27.7g protein, 79.2g carbs, 32.0g fat, 4.3g fiber, 40mg cholesterol, 1983mg sodium, and 404mg potassium.

103. Teppan Yakisoba with Shrimp, Garlic Chips



Yield: 4 servings | **Prep time:** 10 min | **Cook time:** 10 min

Ingredients:

200 grams of yakisoba noodles
1/2 cup of shrimp, peeled and deveined
4 thinly cut cloves of garlic
2 Tbsp soy sauce
1 tablespoon sesame oil
1/2 cup shredded cabbage
1/4 cup green onion, chopped

Directions:

1. Cook the yakisoba noodles according to the package instructions. Drain and set aside. 2. Cook the sesame oil in a wok over medium heat. Fry the garlic slices till brown and crispy, about 1 minute. 3. Remove and set aside. 4. In the same wok, stir-fry the shrimp for 2-3 minutes, or until pink and cooked through. Remove and set aside. 5. Add the cabbage to the wok and cook for 2 minutes, or until slightly wilted. 6. Stir in the cooked noodles and soy sauce. Stir-fry for 2–3 minutes until thoroughly mixed. 7. Return the shrimp to the wok and stir thoroughly. Stir fry for another minute. 8. Serve hot, topped with crunchy garlic chips and green onions.

Nutritional Information: 543 calories, 21.6g of protein, 76.7g of carbohydrates, 17.2g of fat, 3.4g of fiber, 70mg of cholesterol, 2070mg of sodium, and 374mg of potassium.

104. Wok-fried ramen with spicy bean paste



Yield: 4 servings | **Prep time:** 10 min | **Cook time:** 10 min

Ingredients:

200 grams of ramen noodles
2 tablespoons of spicy bean paste
1 tablespoon sesame oil
1/4 cup julienned carrots
1/4 cup green onion, chopped
2 garlic cloves, minced
1/4 cup sliced bell peppers

Directions:

1. Cook the ramen noodles according to the package instructions. Drain and set aside. 2. Cook the sesame oil in a wok over medium heat. Stir-fry the garlic for 30 seconds, or until fragrant. 3. Add the carrots and bell peppers to the wok. Stir fry for 2–3 minutes, until slightly softened. 4. Add the spicy bean paste and stir thoroughly to coat the vegetables. 5. Toss the cooked ramen noodles in the wok to mix. 6. Stir fry for another 2–3 minutes to fully heat and absorb the spices. 7. Sprinkle with chopped green onions and serve hot.

Nutritional Information: 585 calories, 13.2 g protein, 83 g carbohydrates, 22.2 g fat, 4.6 g fiber, 0 mg cholesterol, 766 mg sodium, and 280 mg potassium.

Chapter 15: Seafood and Fish Wok Recipes



Bon appetite

105.Wok-fried clams with black bean sauce



Yield: 4 servings | Prep time: 10 min | Cook time: 12 min

Ingredients:

2 pounds (900 grams) of fresh clams
1 tablespoon of vegetable oil
2 garlic cloves, minced
1 tiny, sliced onion
Rinse and mash 1 tbsp fermented black beans
1 tablespoon finely minced ginger
1 tiny sliced red chili (optional)
1/4 cup (60 mL) chicken or vegetarian stock
1 tablespoon soy sauce
1 teaspoon of oyster sauce
1/2 teaspoon of sugar
1 teaspoon cornstarch mixed with 2 teaspoons water
2 scallions, chopped for garnish

Directions:

1. Heat the vegetable oil in a wok over high heat until it shimmers. **2.** Combine the garlic, ginger, onion, and black beans. Stir-fry for 1–2 minutes until aromatic. **3.** Add the sliced chili (if using) and stir-fry for another 30 seconds. **4.** Place the cleaned clams in the wok and toss them to coat them with the aromatics. **5.** Add the chicken or vegetable stock, soy sauce, oyster sauce, and sugar. Cover and simmer for 5–7 minutes, shaking the wok occasionally, until the clams have opened. **6.** Add the cornstarch slurry and heat for 1 minute to thicken the sauce. **7.** Serve hot, topped with chopped scallions.

Nutrition Information: 185 calories, 16g protein, 10g carbs, 8g fat, 1g fiber, 45mg of cholesterol, 987mg of sodium, and 360mg of potassium.

106.Ginger and Scallion Lobster Stir-Fry



Yield: 4 servings | Prep Time: 15 min | Cook Time: 10 min

Ingredients:

2 lobsters, each weighing around two pounds
2 tablespoons cornstarch
3 Tbsp vegetable oil
Slice a 2-inch piece of ginger finely
3 garlic cloves, minced
4 scallions, cut into 2-inch lengths
1/4 cup (60 milliliters) chicken stock
2 Tbsp soy sauce
1 tablespoon of oyster sauce
1 teaspoon of sugar
1 teaspoon sesame oil
1 teaspoon cornstarch mixed with 2 teaspoons water

Directions:

1. Coat the lobster chunks in cornstarch to make them crisp up during cooking. **2.** Heat the vegetable oil in a wok over high heat until it shimmers. Stir in the lobster pieces and cook for 2-3 minutes, or until the shells are brilliant red. Remove and set aside. **3.** In the same wok, combine the ginger and garlic. Stir-fry for 1 minute, until aromatic. **4.** Return the lobster to the wok. Combine the chicken stock, soy sauce, oyster sauce, and sugar. Stir to mix. **5.** Toss in the scallions and cook for 2 minutes to let the flavors mingle. **6.** Mix in the cornstarch slurry and sesame oil. Simmer for a minute, ensuring the sauce thickens and the lobster receives a thorough coating. **7.** Serve hot, garnished with more onions if desired.

Nutritional Information: 320 calories, 30g protein, 8g carbs, 18g fat, 1g fiber, 180mg cholesterol, 900mg sodium, and 420mg potassium.

107. Stir-fried squid and pickled mustard greens



Yield: 4 servings | Prep Time: 15 minutes | Cook Time: 10 minutes.

Ingredients:

1 pound of fresh squid and sliced into rings
Sliced 1 cup of pickled mustard greens
2 Tbsp vegetable oil
3 garlic cloves, minced
Optional: 2 thinly sliced red chiles
2 teaspoons of soy sauce
1 teaspoon of fish sauce
1 teaspoon of sugar
1/4 teaspoon white pepper
2 scallions, sliced into 2-inch pieces

Directions:

1. Heat the vegetable oil in a wok over high heat until it's hot. Stir in the garlic and chiles (if using), and cook for 30 seconds, or until fragrant. **2.** Stir-fry the squid for 2–3 minutes, or until it is opaque and totally cooked. **3.** Add the pickled mustard greens and whisk to mix. **4.** Combine the soy sauce, fish sauce, sugar, and white pepper. Stir thoroughly to coat the squid and mustard greens with the spice. **5.** Stir in the scallions and cook for 1 minute more, or until slightly wilted. **6.** Remove from the fire and serve hot as a main course or alongside steamed rice. **7.** If preferred, garnish with more sliced chilis or scallions.

Nutritional Information: 180 calories, 22g protein, 6g carbs, 7g fat, 1g fiber, 220mg cholesterol, 710mg sodium, and 320mg potassium.

108. Stir-Fried Prawns with XO Sauce



Yield: 4 servings | Prep time: 10 minutes | Cook time: 10 minutes.

Ingredients:

1 pound of large prawns
2 tablespoons XO sauce
2 Tbsp vegetable oil
1/2 red bell pepper, cut
1/2 green bell pepper, cut
1/4 cup chopped onion
2 garlic cloves, minced
1 tablespoon soy sauce
1 tablespoon of rice wine or dry sherry
1 teaspoon of sugar
1 teaspoon cornstarch mixed with 2 tbsp of water

Directions:

1. Prepare the Prawns: Pat them dry and set aside. Heat 1 tablespoon of vegetable oil in a wok over medium-high heat. Stir-fry the prawns until they become pink, about 2–3 minutes. Remove and set aside. **2.** Cook the Vegetables: Add the last tablespoon of oil to the wok. Stir sauté the bell peppers, onion, and garlic for 2 minutes, or until fragrant and slightly softened. **3.** Mix in the XO sauce, soy sauce, rice wine, and sugar. Mix well. **4.** Combine Prawns: Return the fried prawns to the wok and stir to coat evenly with sauce. **5.** Thicken the Sauce (Optional): If preferred, stir in the cornstarch slurry and heat for another minute to thicken the sauce slightly. **6.** Serve hot with steamed rice or noodles.

Nutritional Information: 200 calories, 22g protein, 10g carbs, 9g fat, 1g fiber, 145mg of cholesterol, 600mg of sodium, and 300mg of potassium.

109. Black Pepper Crab Stir-Fry



Yield: 4 servings | Prep time: 15 min | Cook time: 15 min

Ingredients:

2 pounds of fresh crab (cleaned and sliced up)
2 Tbsp vegetable oil
2 tablespoons unsalted butter
1 medium onion, sliced
4 cloves of minced garlic
2 tsp freshly ground black pepper
1 teaspoon of white pepper
1 tablespoon soy sauce
1 tablespoon of oyster sauce
1 teaspoon of sugar
2 teaspoons of water
2 green onions, chopped (for garnish)

Directions:

1. Prepare the Crab: If you haven't already, clean the crab and cut it into manageable pieces. Pat dry and lay aside. **2.** Heat the Wok: In a wok over medium-high heat, melt the vegetable oil and butter until hot. **3.** Stir-Fry Aromatics: Add the onion and garlic to the pan and cook for 1-2 minutes, until fragrant. **4.** Cook the crab: Place the crab pieces in the wok and stir-fry for 5-6 minutes, or until the shells turn brilliant red. **5.** Season with black and white pepper, soy sauce, oyster sauce, sugar, and water. Toss well to evenly coat the crab with sauce. **6.** Cook the crab for an additional 3-5 minutes, or until it reaches its full cooked state. **7.** Garnish with chopped green onions before serving.

Nutritional Information: 280 calories, 25g protein, 8g carbs, 16g fat, 1g fiber, 150mg of cholesterol, 780mg of sodium, and 320mg of potassium.

110. Stir-Fried Mussels with Lemongrass Chili



Yield: 4 servings | Prep time: 10 min | Cook time: 10 min

Ingredients:

2 pounds of freshly cleaned, debearded mussels
2 Tbsp vegetable oil
Trim and finely slice three stalks of lemongrass.
4 cloves of minced garlic
2 red chilies thinly sliced
1 inch of ginger, julienned
2 Tbsp fish sauce
1 tablespoon of oyster sauce
1 teaspoon of sugar
2 teaspoons of water
Juice of one lime
Fresh cilantro leaves for garnish

Directions:

1. Prepare the mussels by cleaning and debearding them. Throw away any damaged or non-closing shells. **2.** Heat vegetable oil in a wok over medium-high heat. **3.** Cook Aromatics: Combine lemongrass, garlic, ginger, and red chilies. Stir-fry for 2-3 minutes until aromatic. **4.** Add the mussels: Turn up the heat to high and place them in the wok. Toss to coat in the aromatics. **5.** Seasoning: Combine fish sauce, oyster sauce, sugar, and water. Stir well, cover, and cook for 3-4 minutes, or until the mussels have opened. Discard any that remain closed. **6.** Lastly, drizzle the mussels with lime juice and toss them thoroughly to spread the flavors. **7.** Place the dish, sprinkle it with fresh cilantro, and serve it hot with rice or crispy bread.

Nutritional Information: 190 calories, 18g protein, 8g carbs, 9g fat, 1g fiber, 70mg of cholesterol, 880mg of sodium, and 350mg of potassium.

111. Stir-fry squid and celery in chile oil



Yield: 4 servings | Prep Time: 12 min | Cook Time: 10 min

Ingredients:

1 pound of clean, sliced squid
3 celery stalks, thinly sliced diagonally
2 Tbsp vegetable oil
2 teaspoons of chile oil (to taste)
1 tablespoon minced garlic
1 inch of ginger, minced
2 Tbsp soy sauce
1 tablespoon of rice wine (or dry sherry)
1 teaspoon of sugar
1 teaspoon cornstarch mixed with 2 tablespoons water
Add salt and pepper to taste

Directions:

1. Prepare Squid: Rinse the squid thoroughly and pat dry with a paper towel. 2. Blanch Celery: Bring water to a boil in a wok or pot. Blanch the celery for one minute, then drain and set aside. 3. Stir-Fry Aromatics: Heat the vegetable oil and chili oil in a wok over medium-high heat. Stir-fry the garlic and ginger for 1–2 minutes until aromatic. 4. Cook Squid: Place the squid in a wok and stir-fry for 2–3 minutes, until it begins to curl. 5. Celery and Seasoning: Combine the celery, soy sauce, rice wine, and sugar. Stir-cook for two minutes. 6. Thicken Sauce: Stir in the cornstarch slurry and heat for 1–2 minutes, or until slightly thickened. 7. Finish and serve: Season with salt and pepper as needed. Serve hot, with steamed rice.

Nutritional Information: 190 calories, 22g protein, 6g carbs, 9g fat, 2g fiber, 150mg cholesterol, 450mg sodium, and 400mg potassium.

112. Stir-Fried Scallops with Snow Peas



Yield: 4 servings | Prep Time: 10 min | Cook Time: 8 min

Ingredients:

1 pound of cleaned and dried scallops
1 cup of snow peas, trimmed
2 Tbsp vegetable oil
1 tablespoon minced garlic
1 teaspoon of minced ginger
2 Tbsp soy sauce
1 tablespoon of oyster sauce
1 teaspoon sesame oil
1 teaspoon cornstarch mixed with 2 tablespoons water
Add salt and pepper to taste

Directions:

1. Rinse and pat dry the scallops with a paper towel. 2. To blanch snow peas, bring water to a boil in a wok or pot. Blanch the snow peas for one minute, then drain and set aside. 3. Stir-Fry Aromatics: Heat the vegetable oil in a wok over medium-high heat. Stir-fry the garlic and ginger for 1–2 minutes, or until fragrant. 4. Cook Scallops: Place the scallops in the wok and stir-fry for 3–4 minutes, or until lightly browned and opaque. 5. Stir in the snow peas and cook for 2 minutes. 6. Add Sauce: Mix in the soy sauce, oyster sauce, and sesame oil. Mix well. 7. Thicken the sauce by adding the cornstarch slurry and cooking for 1–2 minutes. Adjust the seasoning with salt and pepper.

Nutritional Information: 200 calories, 23g protein, 7g carbs, 9g fat, 2g fiber, 35mg of cholesterol, 480mg of sodium, and 350mg of potassium.

113. Shrimp with asparagus in oyster sauce



Yield: 4 servings | Prep Time: 10 min | Cook Time: 8 min

Ingredients:

1 pound of shrimp, peeled and deveined
1 bunch of asparagus
3 tablespoons of vegetable oil, divided
3 garlic cloves, minced
1 inch of minced ginger
3 Tbsp oyster sauce
1 tablespoon soy sauce
1 teaspoon of sugar
1/4 cup chicken broth or water
1 teaspoon sesame oil
1/2 teaspoon of white pepper

Directions:

1. Bring a pot of water to a boil. Blanch the asparagus for one minute, then drain and set aside. **2.** Heat 2 tablespoons of vegetable oil in a wok over medium-high heat. **3.** Place the shrimp in the wok and stir-fry it for 2-3 minutes, or until it turns pink and is just done. Remove and set aside. **4.** In a wok, heat the remaining oil and stir-fry the garlic and ginger until aromatic, about 1 minute. **5.** Combine the oyster sauce, soy sauce, sugar, and chicken stock. Stir thoroughly and boil for 1 minute. **6.** Return the cooked shrimp and blanched asparagus to the wok. Toss everything together to coat with sauce, then cook for 2 minutes. **7.** Drizzle with sesame oil, sprinkle with white pepper, and serve immediately.

Nutritional Information: 290 calories, 25g protein, 10g carbohydrates, 15g fat, 2g fiber, 170mg cholesterol, 780mg sodium, and 430mg potassium.

114. Stir-Fried Fish Maw with Vegetables



Yield: 4 servings | Prep Time: 15 min | Cook Time: 10 min

Ingredients:

1 cup dried fish maw
1 carrot, julienned
1 cup broccoli florets
1/2 cup of snow peas, trimmed
1/2 cup baby corn, halved lengthwise
2 Tbsp vegetable oil
3 garlic cloves, minced
1 tablespoon of ginger, julienned
2 Tbsp oyster sauce
1 tablespoon soy sauce
1 teaspoon of sugar
1/4 cup chicken broth or water
1 teaspoon sesame oil
1/2 teaspoon of white pepper

Directions:

1. Soak the dried fish maw in warm water for 10 minutes, or until soft. Drain and cut into pieces. **2.** Heat a kettle of water to a boil. Blanch the broccoli, snow peas, and baby corn for one minute. Drain and set aside. **3.** Heat the vegetable oil in a wok over medium-high heat. **4.** Stir-fry garlic and ginger in a wok until fragrant, about 1 minute. **5.** Stir in the fish maw and simmer for 2-3 minutes. **6.** Combine oyster sauce, soy sauce, sugar, and chicken stock. Add the blanched vegetables and stir thoroughly. Cook for an additional 2-3 minutes until the vegetables are soft. **7.** Finish with sesame oil and white pepper.

Nutritional Information: 210 calories, 16g protein, 12g carbs, 10g fat, 3g fiber, 55mg cholesterol, 720mg sodium, and 350mg potassium.

Chapter 16: Beef and lamb wok dishes



Bon appetite

115. Mongolian Beef with Scallions



Yield: 4 servings | Prep Time: 15 min | Cook Time: 10 min

Ingredients:

One-pound flank steak, thinly sliced
1/4 cup cornstarch
2 Tbsp vegetable oil
4 scallions, sliced into 2-inch pieces
3 garlic cloves, minced
1 tablespoon ginger, minced
1/3 cup soy sauce
1/3 cup water
1/4 cup brown sugar
1 teaspoon sesame oil
1/4 teaspoon of red chili flakes (optional)
Steamed rice, for serving

Directions:

1. Prepare the meat by tossing it with cornstarch until evenly coated. Shake off the excess cornstarch and leave it aside. **2.** Heat the vegetable oil in a wok over medium-high heat until shimmering. **3.** Add beef to the wok in batches. Stir-fry for 2–3 minutes per batch until golden and slightly crispy. Remove and set aside. **4.** If preferred, add garlic, ginger, and chili flakes to the same wok. Stir for 30 seconds, until aromatic. **5.** Combine soy sauce, water, brown sugar, and sesame oil. Bring to a simmer. **6.** Return steak to the skillet and stir to cover with sauce. Stir-fry the scallions for 1–2 minutes, or until they are tender but crunchy. Serve hot, with steamed rice.

Nutritional Information: 320 calories, 28g protein, 20g carbs, 12g fat, 1g fiber, 60mg cholesterol, 900mg sodium, and 450mg potassium.

116. Stir-Fried Beef with Oyster Sauce



Yield: 4 servings | Prep Time: 15 min | Cook Time: 10 min

Ingredients:

1 pound beef sirloin or flank steak, thinly sliced
2 tablespoons cornstarch
2 Tbsp vegetable oil
1 medium onion, sliced
1 red bell pepper, sliced
3 garlic cloves, minced
3 Tbsp oyster sauce
2 Tbsp soy sauce
1 teaspoon of sugar
1 tablespoon of water
1 teaspoon sesame oil
1/4 teaspoon black pepper
Steamed rice, for serving

Directions:

1. Prepare the meat by tossing it with cornstarch in a basin until thoroughly coated. Set aside. **2.** Heat vegetable oil in a wok over medium-high heat until it shimmers. **3.** Place beef slices in the wok in batches. Stir-fry for 2-3 minutes until golden, then set aside. **4.** In the same wok, combine the onion, red bell pepper, and garlic. Stir-fry the vegetables for 2 minutes, or until they are soft and crisp. **5.** Prepare the sauce by combining oyster sauce, soy sauce, sugar, water, sesame oil, and black pepper in a small bowl. Add to the wok. **6.** Return the steak to the wok and stir to evenly coat with the sauce. Cook for 1-2 minutes, until thoroughly heated. Serve hot, with steamed rice.

Nutrition Information: 350 calories, 29g protein, 15g carbs, 18g fat, 2g fiber, 70mg cholesterol, 980mg sodium, and 500mg potassium.

117.Black-pepper meat and onions



Yield: 4 servings | Prep Time: 15 min | Cook Time: 10 min

Ingredients:

1 pound beef sirloin or flank steak, thinly sliced
1 spoonful of cornstarch
2 tablespoons of soy sauce, split
1 tablespoon of vegetable oil
1 medium onion, sliced
1 green bell pepper, sliced
1 red bell pepper, sliced
3 garlic cloves, minced
2 tsp freshly ground black pepper
2 Tbsp oyster sauce
1 teaspoon of sugar
1/4 cup water
1 teaspoon sesame oil

Directions:

1. Marinate Beef: Combine beef pieces, cornstarch, and 1 tablespoon soy sauce in a bowl. Set aside for ten minutes. **2.** Heat the vegetable oil in a wok over medium-high heat until shimmering. **3.** Add meat to the wok in batches and stir-fry for 2–3 minutes, or until browned. Remove and set aside. **4.** In the same wok, combine the onion, bell peppers, and garlic. Stir-fry for two minutes, until aromatic. **5.** In a small bowl, combine the remaining soy sauce, oyster sauce, sugar, water, sesame oil, and black pepper. Pour into a wok. **6.** Toss the steak back into the wok with the remaining ingredients. Cook for another 2 minutes, until well heated. Serve hot, with steamed rice.

Nutritional Information: 360 calories, 28g protein, 12g carbs, 20g fat, 2g fiber, 70mg cholesterol, 900mg sodium, and 480mg potassium.

118.Szechuan-Style Beef with Spicy Chili Oil



Yield: 4 servings | Prep Time: 20 min | Cook Time: 15 min

Ingredients:

1 pound of beef flank steak, thinly sliced
1 spoonful of cornstarch
2 tablespoons of soy sauce, split
2 Tbsp vegetable oil
2 garlic cloves, minced
1 tablespoon ginger, minced
2 teaspoons of Szechuan chili bean paste
1/2 cup beef broth
1 tablespoon of rice vinegar
1 teaspoon of sugar
1/2 teaspoon Szechuan peppercorns
1 cup broccoli florets
2 green onions, chopped as garnish

Directions:

1. In a bowl, combine beef pieces with cornstarch and 1 tablespoon soy sauce. Allow to marinate for 10 minutes. **2.** Heat the vegetable oil in a wok over medium-high heat until shimmering. **3.** Stir-fry the beef in batches in the wok for 2-3 minutes, or until browned. Remove and set aside. **4.** Prepare the sauce by adding garlic, ginger, and Szechuan chili bean paste to the wok. Stir-fry for 1–2 minutes until aromatic. **5.** Combine the beef broth, rice vinegar, sugar, and remaining soy sauce. Bring to a boil and whisk thoroughly. **6.** Return the beef to the wok, then add the broccoli and red chili. Toss everything together and heat for an additional 3–4 minutes. **7.** Serve hot.

Nutritional Information: 420 calories, 30g protein, 15g carbs, 28g fat, 3g fiber, 80mg cholesterol, 850mg sodium, and 450mg potassium.

119. Stir-fried beef with bitter melon



Yield: 4 servings | Prep Time: 20 min | Cook Time: 15 min

Ingredients:

1 pound beef sirloin, thinly sliced
1 tablespoon soy sauce
1 tablespoon of oyster sauce
1 teaspoon of cornstarch
1 teaspoon of sugar
2 tbsp. vegetable oil, split
2 medium bitter melons
2 garlic cloves, minced
1/2 cup beef broth
1 green onion, cut as a garnish

Directions:

1. In a bowl, add beef pieces, soy sauce, oyster sauce, cornstarch, and sugar. Mix together and marinate for 10 minutes. 2. Prepare the bitter melon by blanching it in boiling water for 2 minutes before draining and rinsing it under cold water. Set aside. 3. Heat one tablespoon of vegetable oil in a wok over medium-high heat. 4. Place the marinated meat in the wok and stir-fry for 2-3 minutes until browned. Remove and set aside. 5. Place the remaining vegetable oil in the wok. Stir-fry the garlic for 30 seconds, until aromatic. 6. Add bitter melon to the skillet and cook for 2 minutes. Pour in the beef broth, then return the cooked beef to the wok. Toss everything together and heat for an additional 2–3 minutes. 7. To serve, drizzle with sesame oil (optional) and garnish with green onions. Serve hot, with steamed rice.

Nutritional Information: 290 calories, 25g protein, 10g carbs, 18g fat, 3g fiber, 70mg cholesterol, 600mg sodium, and 500mg potassium.

120. Korean Bulgogi-style Beef Stir-Fry



Yield: 4 servings | Prep Time: 20 min | Cook Time: 15 min

Ingredients:

1 pound of thinly cut beef ribeye or sirloin
1/4 cup soy sauce
2 Tbsp sesame oil
2 teaspoons of sugar
2 garlic cloves, minced
1 teaspoon of grated ginger
1/2 teaspoon of black pepper
1 tablespoon of vegetable oil
1 medium onion, thinly sliced
1 medium carrot, julienned
1 cup button mushrooms, sliced
2 green onions cut into two-inch slices
1 teaspoon toasted sesame seeds for garnish

Directions:

1. In a bowl, add soy sauce, sesame oil, sugar, garlic, ginger, and black pepper. Add the cut beef and stir thoroughly. Marinate for at least fifteen minutes. 2. Heat the vegetable oil in a wok over medium-high heat. 3. Add marinated meat to the wok and stir-fry for 2-3 minutes, or until lightly browned. Remove and set aside. 4. Add onions, carrots, and mushrooms to the wok. Stir fry for 3–4 minutes, until tender. 5. Return the beef to the wok, mix in the green onions, and cook for another 2-3 minutes, or until thoroughly blended. 6. To finish, sprinkle with toasted sesame seeds. Serve hot alongside steaming rice or noodles.

Nutritional Information: 320 calories, 28g protein, 12g carbs, 18g fat, 2g fiber, 75mg cholesterol, 820mg sodium, and 450mg potassium.

121. Cook ginger beef with carrots and bell peppers



Yield: 4 servings | Prep Time: 15 min | Cook Time: 10 min

Ingredients:

1 pound beef sirloin, thinly sliced
1 tablespoon soy sauce
1 teaspoon of cornstarch
2 Tbsp vegetable oil
1 inch of ginger, julienned
2 medium carrots, finely sliced
1 red bell pepper, thinly sliced
1 green bell pepper, finely sliced
1 tablespoon of oyster sauce
1 teaspoon of sesame oil (optional)
Add salt and black pepper to taste

Directions:

1. Combine beef pieces with soy sauce and cornstarch. Let it settle for ten minutes. 2. Heat 1 tablespoon of oil in a wok over high heat. Stir-fry the beef for 2 minutes until it browns. Remove and set aside. 3. Add the remaining oil to the wok. Stir-fry the ginger for 30 seconds, until aromatic. 4. To add vegetables, toss in carrots and bell peppers. Stir fry for 2–3 minutes, until slightly softened. 5. Return the beef to the wok. Season with salt and black pepper, followed by the oyster sauce and sesame oil (if using). 6. For an additional 1-2 minutes, stir everything together until thoroughly coated and cooked. 7. Transfer to a platter and serve alongside steamed rice or noodles.

Nutritional information: 320 calories, 28g protein, 15g carbs, 18g fat, 3g fiber, 75mg cholesterol, 450mg sodium, and 450mg potassium.

122. Stir-fry meat, green onions, and mushrooms



Yield: 4 servings | Prep Time: 15 min | Cook Time: 10 min

Ingredients:

1 pound beef sirloin, thinly sliced
1 tablespoon soy sauce
1 teaspoon of cornstarch
2 Tbsp vegetable oil
1 cup button mushrooms, sliced
1 cup of green onions cut into 2-inch chunks
2 garlic cloves, minced
1 tablespoon of oyster sauce
1 teaspoon of sesame oil (optional)
Add salt and black pepper to taste

Directions:

1. Combine beef pieces with soy sauce and cornstarch. Allow it to marinate for 10 minutes. 2. Heat 1 tablespoon of oil in a wok over high heat. Stir-fry the beef for 2 minutes until it browns. Remove and set aside. 3. Add the remaining oil to the wok. Stir-fry the mushrooms for 2 minutes, until gently browned. 4. Mix in the garlic and green onions. Stir-fry for 1 minute, until aromatic. 5. Return the beef to the wok. Season with salt and black pepper, followed by the oyster sauce and sesame oil (if using). 6. For another 1-2 minutes, stir everything together until thoroughly blended and heated. 7. Transfer to a platter and serve alongside steamed rice or noodles.

Nutritional information: 310 calories, 28g protein, 10g carbs, 18g fat, 2g fiber, 75mg cholesterol, 480mg sodium, and 500mg potassium.

123. Beef and bamboo shoots in a black bean sauce



Yield: 4 servings | Prep Time: 15 minutes | Cook Time: 10 minutes.

Ingredients:

1 pound beef sirloin, thinly sliced
1 tablespoon soy sauce
1 teaspoon of cornstarch
2 Tbsp vegetable oil
2 garlic cloves, minced
1 tablespoon fermented black bean sauce
1 cup julienned bamboo shoots
1 sliced bell pepper (optional)
1 tablespoon of oyster sauce
1 teaspoon of sugar
1/4 cup water or beef broth

Directions:

1. Combine beef pieces, soy sauce, and cornstarch. Allow it to marinate for 10 minutes. **2.** Heat 1 tablespoon of oil in a wok over high heat. Stir-fry the beef for 2 minutes until it browns. Remove and set aside. **3.** Add the remaining oil to the wok. Stir-fry the garlic for 30 seconds, until aromatic. **4.** Add the black bean sauce, bamboo shoots, and bell pepper (if applicable). Cook for two minutes. **5.** Combine the ingredients and return the steak to the wok. Combine oyster sauce, sugar, and water or broth. Stir everything together. **6.** Simmer for an additional 2–3 minutes, or until the sauce thickens and covers the beef and vegetables. **7.** Drizzle the dish with sesame oil and serve it hot alongside steaming rice.

Nutritional information: 320 calories, 26g protein, 12g carbs, 18g fat, 3g fiber, 75mg cholesterol, 520mg sodium, and 450mg potassium.

124. Stir-fry lamb, leeks, and ginger



Yield: 4 servings | Prep Time: 15 min | Cook Time: 10 min

Ingredients:

1 pound of finely cut lamb
1 tablespoon soy sauce
1 teaspoon of cornstarch
2 Tbsp vegetable oil
1 tablespoon fresh ginger, julienned
2 garlic cloves, minced
3 medium leeks, sliced diagonally
1 tablespoon of oyster sauce
1 teaspoon of sugar
1/4 cup water or chicken broth
1 teaspoon of sesame oil (optional)

Directions:

1. In a bowl, add lamb slices, soy sauce, and cornstarch. Allow it to marinate for 10 minutes. **2.** To cook lamb, heat 1 tablespoon of oil in a wok over high heat. Stir-fry the lamb for 2–3 minutes until it turns brown. Remove and set aside. **3.** Place the remaining oil in the wok. Stir-fry the ginger and garlic until fragrant, about 1 minute. **4.** Add the leeks to the wok and stir-fry for 2–3 minutes until slightly softened. **5.** Return the lamb to the wok. Combine oyster sauce, sugar, and water or chicken broth. Mix thoroughly to coat. **6.** Simmer for a further 2 minutes until the sauce thickens and the flavors blend. **7.** Drizzle the dish with sesame oil and serve it hot alongside steaming rice.

Nutritional information: 350 calories, 28g protein, 12g carbs, 22g fat, 3g fiber, 80mg cholesterol, 500mg sodium, and 400mg potassium.

125. Stir fry Thai chili and basil beef



Yield: 4 servings | Prep Time: 15 min | Cook Time: 10 min

Ingredients:

1 pound beef sirloin, thinly sliced
2 Tbsp vegetable oil
4 cloves of minced garlic
2-3 Thai red chilies finely chopped
1 medium onion, sliced
1 red bell pepper, sliced
2 Tbsp soy sauce
1 spoonful of fish sauce
1 teaspoon of oyster sauce
1 teaspoon of sugar
1/4 cup fresh Thai basil leaves

Directions:

1. Slice it thinly and set it aside. In a small bowl, combine soy sauce, fish sauce, oyster sauce, and sugar to make the stir-fry sauce. **2.** Heat the oil in a wok over high heat until it shimmers. Stir sauté the garlic and chiles for about 30 seconds, or until aromatic. **3.** Place cut meat in the wok. Stir-fry until lightly browned, about 2–3 minutes. Remove and set aside. **4.** Add the onion and bell pepper to the wok. Stir fry for 2–3 minutes, until slightly softened. **5.** Combine the ingredients and return the steak to the wok. Pour in the prepared stir-fry sauce, mixing thoroughly. Cook for an additional two minutes. **6.** Turn off the heat and toss in the Thai basil leaves. Stir until wilted. Serve hot with steaming jasmine rice or noodles.

Nutritional information: 320 calories, 25g protein, 8g carbs, 20g fat, 2g fiber, 70mg cholesterol, 750mg sodium, and 400mg potassium.

126. Stir-fried beef with garlic chives and bean sprouts



Yield: 4 servings | Prep Time: 15 minutes | Cook Time: 10 minutes.

Ingredients:

1 pound beef sirloin, thinly sliced
2 Tbsp vegetable oil
3 garlic cloves, minced
1 cup of garlic chives cut into 2-inch lengths
1 1/2 cups rinsed and drained bean sprouts
2 Tbsp soy sauce
1 tablespoon of oyster sauce
1 teaspoon of sugar
1/4 teaspoon of ground white pepper

Directions:

1. Slice it thinly and set it aside. To make the stir-fry sauce, combine soy sauce, oyster sauce, sugar, and white pepper in a small bowl. **2.** Heat the oil in a wok over high heat until it shimmers. Stir-fry the garlic for 30 seconds, or until fragrant. **3.** Place the steak in the wok. Stir-fry until lightly browned, about 2–3 minutes. Remove from the wok and set aside. **4.** Add the garlic, chives, and bean sprouts to the wok. Stir-fry for 2-3 minutes, until slightly softened but still crispy. **5.** Combine the ingredients and return the steak to the wok. Pour in the prepared sauce and stir to coat evenly. Stir fry for an additional 2 minutes, or until well cooked. **6.** Taste and adjust seasoning as needed. Serve immediately alongside steamed rice or noodles.

Nutritional information: 280 calories, 24g protein, 8g carbs, 18g fat, 2g fiber, 70mg cholesterol, 650mg sodium, and 350mg potassium.

127. Stir-fry lamb and green pepper with hoisin sauce



Yield: 4 servings | Prep Time: 15 min | Cook Time: 10 min

Ingredients:

1 pound of finely cut lamb
2 green bell peppers cut into thin slices
1 tablespoon of vegetable oil
3 garlic cloves, minced
1 tiny, sliced onion
3 tablespoons of hoisin sauce
2 Tbsp soy sauce
1 teaspoon cornstarch mixed with 2 tbsp of water
1/4 teaspoon of ground black pepper
1/4 teaspoon of red chili flakes (optional)

Directions:

1. Prepare the ingredients by thinly slicing the lamb and green bell pepper. In a small bowl, combine hoisin sauce and soy sauce. Prepare a cornstarch slurry. **2.** Heat the vegetable oil in a wok over high heat until shimmering. Stir-fry garlic and onion for 1 minute, or until fragrant. **3.** Add lamb slices to the wok and stir-fry for 3 minutes, or until browned and cooked through. **4.** Add green bell peppers to the wok. Stir-fry for 2-3 minutes, until slightly softened but still crispy. **5.** Pour the hoisin-soy sauce combination over the meat and peppers. Stir well to get a uniform coating. **6.** Cook for 1-2 minutes, stirring in the cornstarch slurry to thicken and glaze the contents. **7.** Garnish with ground black pepper and red chili flakes as desired. Serve hot alongside steaming rice or noodles.

Nutritional information: 320 calories, 25g protein, 12g carbs, 18g fat, 2g fiber, 80mg cholesterol, 700mg sodium, and 450mg potassium.

128. Sesame Beef with Broccoli Florettes



Yield: 4 servings | Prep Time: 15 min | Cook Time: 10 min

Ingredients:

1 pound beef sirloin, thinly sliced
2 cups of broccoli florets
1 tablespoon sesame oil
2 garlic cloves, minced
2 Tbsp soy sauce
1 tablespoon of oyster sauce
1 teaspoon cornstarch mixed with 2 tablespoons of water
1 teaspoon of roasted sesame seeds
1/4 teaspoon of ground black pepper
2 Tbsp vegetable oil

Directions:

1. Cut meat into thin pieces. Blanch broccoli florets in boiling water for 2 minutes before draining and setting aside. **2.** Heat the vegetable oil in a wok over high heat. Stir-fry the garlic for 30 seconds, or until fragrant. **3.** Place the beef slices in the wok and stir-fry for 3–4 minutes, until browned and cooked through. **4.** Toss broccoli florets in the wok with the beef for 1 minute. **5.** Combine soy sauce, oyster sauce, and sesame oil. Pour the sauce over the steak and broccoli, stirring until evenly coated. **6.** Thicken the sauce by stirring in the cornstarch slurry and cooking for 1-2 minutes until it thickens and coats the ingredients. **7.** Garnish and serve with toasted sesame seeds and ground black pepper. Serve hot alongside steaming rice or noodles.

Nutritional information: 310 calories, 26g protein, 8g carbs, 18g fat, 2g fiber, 70mg cholesterol, 720mg sodium, and 450mg potassium.

129. Stir-fried beef with lemongrass and lime leaves



Yield: 4 servings | **Prep Time:** 15 min | **Cook Time:** 10 min

Ingredients:

1 pound beef sirloin, thinly sliced
2 stalks of lemongrass, finely chopped
4 kaffir lime leaves, thinly sliced
2 Tbsp fish sauce
1 tablespoon soy sauce
1 teaspoon of sugar
1 teaspoon cornstarch mixed with 2 tbsp of water
2 garlic cloves, minced
Optional: 1 thinly chopped red chili
2 Tbsp vegetable oil

Directions:

1. Prepare the ingredients by thinly slicing the meat, mincing the lemongrass, and slicing the lime leaves thinly. **2.** In a bowl, combine the beef, fish sauce, soy sauce, and sugar. Let it marinate for 10 minutes while you prepare the remaining ingredients. **3.** Heat the vegetable oil in a wok over high heat. Stir-fry the minced garlic and chili (if using) in the wok for 30 seconds or until aromatic. **4.** Place the marinated beef in the wok. Stir-fry for 3–4 minutes until golden. **5.** In the wok, combine minced lemongrass and cut lime leaves. Stir fry for an additional two minutes to release the scent. **6.** Add the cornstarch slurry and stir until the sauce thickens slightly, covering the beef evenly. **7.** Garnish and serve with chopped cilantro, if preferred. Serve hot, with steamed rice.

Nutritional information: 280 calories, 26g protein, 5g carbs, 17g fat, 1g fiber, 75mg cholesterol, 850mg sodium, and 400mg potassium.

130. Beef and Snow Pea Stir-Fry with Shaoxing Wine



Yield: 4 servings | **Prep Time:** 15 min | **Cook Time:** 10 min

Ingredients:

1 pound beef sirloin, thinly sliced
2 cups of snow peas, trimmed
2 Tbsp. Shaoxing Wine
2 Tbsp soy sauce
1 teaspoon of oyster sauce
1 teaspoon of cornstarch
2 teaspoons of water
2 garlic cloves, minced
1 tablespoon of vegetable oil

Directions:

1. Prepare the beef marinade by combining Shaoxing wine, soy sauce, and cornstarch in a basin. Add the meat slices and marinate for 10 minutes. **2.** Heat it over high heat and add 1/2 tablespoon of vegetable oil. **3.** Stir-fry the marinated meat for 2–3 minutes until browned but not completely done. Remove from the wok and set aside. **4.** Place the remaining oil in the wok. Stir sauté the garlic for about 30 seconds, or until aromatic. Stir in the snow peas and cook for 1-2 minutes, or until bright green. **5.** Combine the ingredients and return the steak to the wok. Combine oyster sauce and water. Stir to blend and simmer for another 2 minutes. **6.** Finish by seasoning with white pepper, if desired, and adjusting the salt. Cook until the sauce has thickened slightly and coated the ingredients. Serve hot, with steamed rice.

Nutritional information: 260 calories, 25g protein, 9g carbs, 12g fat, 2g fiber, 70mg cholesterol, 750mg sodium, and 400mg potassium.

Conclusion

Encouragement for Further Exploration in the Wok

As you embark on your culinary adventure with wok cooking, keep in mind that the wok's beauty comes in its versatility and limitless possibilities. The wok is more than simply a kitchen tool; it's a gateway to discovering new flavors, techniques, and cultures, encouraging you to experiment with different ingredients and create meals that are both fascinating and tasty.

A Journey of Flavor

When you fire up your wok, you're not simply cooking; you're immersing yourself in a world of exotic ingredients and powerful flavors. Whether you're dealing with aromatic herbs, crunchy veggies, soft proteins, or savory sauces, the wok allows you to discover the perfect balance of textures, colors, and flavors that makes cooking so thrilling.

Take the opportunity to experiment with new components that you may not have encountered previously. Look for exotic spices, fresh herbs, or unusual vegetables in your neighborhood market or Asian supermarket. Allow these new discoveries to inspire you to venture beyond your comfort zones and discover delicacies you never imagined.

Flexibility and adaptability

One of the most appealing qualities of wok cooking is its versatility. Whether you're making a simple stir-fry, experimenting with sauces, or perfecting a more complex recipe, the wok adapts to your preferences and dietary requirements. You can use the wok to prepare quick, healthful meals or rich, savory dishes—the choice is totally up to you.

Do not be scared to change recipes as you go. If you're missing an ingredient, use something you already have on hand. Wok cooking encourages creativity because there is no single "correct" way to utilize it. In fact, some of the best culinary breakthroughs occur when we accept spontaneity and allow our instincts to lead us. Building confidence through practice is essential for mastering any new skill. Your wok cooking confidence

will increase as you cook more. Don't be concerned if a meal doesn't come out correctly the first time. Mistakes are part of the learning process. Continue to fine-tune your processes, experiment with other flavors, and discover new combinations.

Discover the wok's workings and how to use it with each stir, toss, and sear. Whether you're an experienced cook or a complete beginner, the wok provides limitless potential for growth, learning, and development.

The Joy of Sharing

One of the most rewarding aspects of wok cooking is the opportunity to share your creations with others. There's something very unique about sitting around a table with friends or family and sharing a meal that you've put your heart and creativity into. Wok cooking frequently brings people together, sparking conversation, laughter, and connection.

As you continue to experiment with wok cooking, share your creations with loved ones. Their criticism, as well as the shared experience of eating a meal together, will only fuel your passion for cooking and drive you to keep experimenting.

A lifelong culinary adventure

Wok cooking is a lifelong experience. No matter how many recipes you attempt, there's always something new to learn, and the options are limitless. Every time you try a new wok recipe or discover a new ingredient, you broaden your culinary horizons and deepen your enthusiasm for the art of cooking.

So, continue to explore, experiment, and, most importantly, enjoy the process. The world of wok cooking is broad and exciting—your journey has just begun! Never forget that cooking is about creating, experimenting, and sharing excellent meals with loved ones. Accept your wok and let it take you on a culinary journey you'll remember for years to come.

Happy cooking!

Cooking Measurements & Kitchen Conversions

Dry Measurements Conversion Chart

		
Teaspoons	Tablespoons	Cups
3 tsp	1 tbsp	1/16 c
6 tsp	2 tbsp	1/8 c
12 tsp	4 tbsp	1/4 c
24 tsp	8 tbsp	1/2 c
36 tsp	12 tbsp	3/4 c
48 tsp	16 tbsp	1 c

Liquid Measurements Conversion Chart

				
Fluid Ounces	Cups	Pints	Quarts	Gallons
8 fl. oz	1 c	1/2 pt	1/4 qt	1/16 gal
16 fl. oz	2 c	1 pt	1/2 qt	1/8 gal
32 fl. oz	4 c	2 pt	1 qt	1/4 gal
64 fl. oz	8 c	4 pt	2 qt	1/2 gal
128 fl. oz	16 c	8 pt	4 qt	1 gal

Liquid Measurements (Volume)



Metric	Standard
1 mL	1/5 tsp
5 mL	1 tsp
15 mL	1 tbsp
240 mL	1 c (8 fl. oz)
1 liter	34 fl. oz

Dry Measurements (Weight)



Metric	Standard
1 g	.035 oz
100 g	3.5 oz
500 g	17.7 oz (1.1 lb)
1 kg	35 oz

US to Metric Conversions

Standard	Metric
1/5 tsp	1 ml
1 tsp	5 ml
1 tbsp	15 ml
1 fl. oz	30 ml
1 c	237 ml
1 pt	473 ml
1 qt	.95 l
1 gal	3.8 l
1 oz	28 g
1 lb	454 g

Oven Temperatures Conversion



Celsius	Fahrenheit
120 C	250 F
160 C	320 F
180 C	350 F
205 C	400 F
220 C	425 F

1 CUP



1 cup = 8 fluid ounces
 1 cup = 16 tablespoons
 1 cup = 48 teaspoons
 1 cup = 1/2 pint
 1 cup = 1/4 quart
 1 cup = 1/16 gallon
 1 cup = 240 ml

Ingredient Substitutions and Conversions

Sometimes you don't have a specific item on hand, or you want to try a healthier option. Here are some popular substitutes and conversions for wok cooking:

Ingredient	Amount	Substitutes
Soy Sauce	1 tbsp	1 tbsp Tamari, Coconut Aminos, Worcestershire Sauce, Liquid Aminos.
Oyster Sauce	1 tbsp	1 tbsp Vegetarian Oyster Sauce made from Mushroom, hoisin sauce, Mushroom Soy Sauce. 2 tsp + 1 tbsp mushroom or vegetable broth + 1 tsp sugar.
Fish Sauce	1 tbsp	1 tbsp Soy Sauce (temporary alternative), Hoisin Sauce, Coconut Aminos. Seaweed, such as kombu or nori, can also give meals a sea-like umami.
Rice Vinegar	1 tbsp	1 tbsp White vinegar, Apple cider vinegar, Lemon or lime juice, Champagne vinegar.
Sesame Oil	1 tbsp	1 tbsp Peanut Oil, sunflower oil, Olive Oil, Homemade Sesame Oil (To mimic the flavor of sesame oil, mix a tiny amount of roasted sesame seeds (crushed) with neutral oil, such as vegetable or canola oil).
Sugar	1 tbsp	1 tbsp honey, maple syrup, Coconut sugar, Stevia, Agave Syrup.
Coriander	1	1 Basil, Mint, Parsley.
Tofu	1	1 Tempeh (Made from fermented soybeans), Seitan, Chickpeas, Cauliflower.
Rice	1 cup	1 cup Quinoa, Cauliflower Rice, Brown rice.
Tamari	1 tbsp	1 tbsp Soy Sauce
Rice vinegar	1 tbsp	1 tbsp White Vinegar
Brown Sugar	1 cup	1 cup White Sugar + 1 tbsp Molasses

Experimenting with replacements in wok cooking can lead to different flavors and textures, making your dishes more customized and inventive. Keep these options in mind, and feel free to change them based on your dietary requirements or what you have in your pantry. The wok is a versatile tool that, when combined with the correct ingredients, allows for unlimited possibilities!

Glossary of Wok terms

Words	Definitions
Wok	The traditional Chinese cooking pan features steeply sloping sides and a rounded bottom. Its construction allows it to endure high heat and cook quickly and evenly. You can make woks out of carbon steel, cast iron, or non-stick materials.
Stir-Fry	Stir-frying is a cooking technique that involves swiftly cooking items in a tiny amount of oil over high heat while continuously stirring. Many Asian meals get their characteristic texture and flavor from stir-frying in a wok.
Browning	Browning is the process of browning the surface of food, typically meat or tofu, over high heat to produce a tasty, crispy finish. People usually do this before thoroughly cooking their dish in a wok.
Sautéing	Sautéing, like stir-frying, is the process of cooking food in a small amount of oil over medium-high heat while stirring less vigorously. People frequently use this approach to sauté vegetables and aromatics prior to adding the main ingredients.
Tossing	The process of flipping or turning food in a wok during cooking. Tossing includes shaking or rotating the wok to evenly distribute contents or coat them in sauce. It's a talent that permits heat to circulate and cooks the food evenly.
Braising	Braising involves browning food in a wok and then slowly cooking it in a small amount of liquid (like broth or sauce) until it becomes soft. When braising, people generally use a lid to preserve moisture inside the wok.
Mise en place	This French expression means "everything in its place." In the context of wok cooking, it refers to prepping and organizing all of your components prior to cooking. You must have everything prepared and ready to cook quickly in the wok.
Velveting	This technique involves marinating meat (typically chicken, beef, or pork) in cornstarch, egg whites, and, on occasion, rice wine or soy sauce before stir-frying it. This approach keeps the meat soft and moist when stir-fried.
Wok Hei	This word refers to the distinct "breath of the wok," a smoky, charred flavor produced by stir-frying over extremely high heat. Quickly frying the components in a very hot wok achieves this flavor.
Umami	Soy sauce, fish sauce, miso, and mushrooms naturally contain umami, a savory flavor sometimes referred to as the fifth taste, along with sweet, sour, salty, and bitter.
Blanching	This technique includes temporarily immersing vegetables or other components in boiling water or hot oil, then quickly chilling them in cold water. This method maintains the color, texture, and nutrients of vegetables prior to their stir-frying or use in a meal.