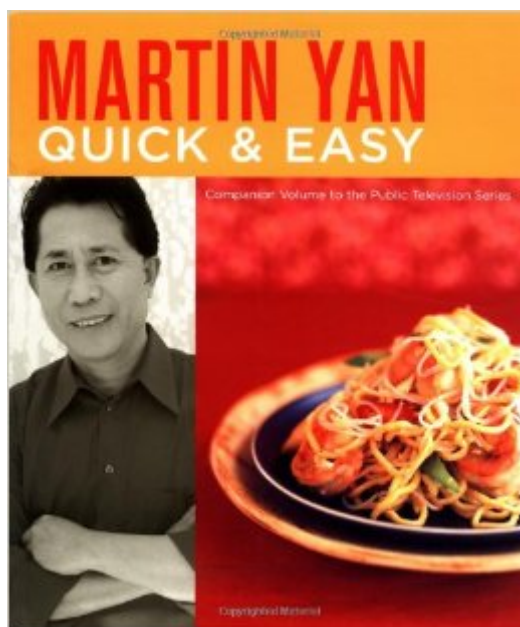


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# Martin Yan Quick And Easy



## Synopsis

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

## Book Information

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## Customer Reviews

This book is a MUST for any cooking library. The best Chinese cookbook I have ever used. Yan has a brilliant knack for creating recipes that are loaded with flavor while NOT loaded with ingredients or time consuming steps. The recipes are fast and NOT fussy or complicated, and absolutely delicious. With this book, I have created some of the BEST Chinese dishes I've ever made, and I've been collecting Asian cookbooks for many years. It would not be an overstatement to say that this book is incredible. Yan can even take something as simple and plain as rice and turn it into a

mouth-watering masterpiece, which he has with his coconut rice (blew us away). Another favorite recipe here are the crab puffs (known as crab rangoon to many people). I have tried other recipes for this, and none have been nearly as good as these: pure taste bud heaven - hot or cold! The entree chapter has PLENTY of chicken and pork options (14 chicken entrees!), as well as beef and fish. We appreciate this because due to budget restraints we are able to use these meats more frequently. Most people will have no problem finding these ingredients in any supermarket, and the length of the ingredient list and preparation steps will intimidate no one. This book is extremely practical, even for a busy weeknight. I can't believe I am now able to create restaurant-quality dishes at home (actually, better!) with so little effort and time!

I've been a fan of Martin Yan's for nearly 15 years. Long before the Food Network came along I made sure to take my lunch hour so I could coincide with Martin's "Yan Can Cook" show on PBS in the afternoons. Martin was always very entertaining and made meals so quick and easy. That style comes across strongly in his latest book which has 150 recipes all designed to be prepared in 30 minutes or less! Ok...it might take you a little longer since most of us are not as fast with a chef's knife as Martin is, but you get the idea...Martin starts by passing along his wisdom on the best tools to use for preparing Chinese dishes and the techniques used to make them delicious. If you've followed Martin's shows you'll be familiar with some of it but there's a lot more I learned that was new. Kung Pao chicken is a favorite of mine so I was happy to see a recipe for Kung Pao sauce. Also not to be missed is the Ginger Chicken, and black pepper Beef. And it's not all limited to Chinese foods. There are Korean, Japanese, Taiwanese, Vietnamese recipes as well. A great book for fans of Asian cuisine!

Master Chef, Martin Yan, has collected thousands of recipes from Asia, and shares 150 of those in Martin Yan Quick & Easy. He says all Asian recipes can be "quick & easy" with preparation. Yan includes pre-made ingredients for ease of preparation in as many recipes as possible without sacrificing flavor. Martin Yan says, "I hope this book adds many happy courses to the banquet of your life, and that you enjoy these quick and easy Asian recipes as much as I did when we tested them in my own family kitchen." Martin Yan begins with his top 10 easy tips for cooking Asian food. Next, he gives you necessary tools and techniques for making these culinary delights. Yan wraps up with stocking up your pantry, online resources for ingredients and glossary. Included are excellent basic rice recipes for the desired outcome-steamed, for sushi, or quick rice. Sauces such as Peanut Dipping Sauce or Spicy Soy Dipping Sauce as well as Asian Vinaigrette are included. Wonderful

photographs displaying dishes are included. Salads include Backyard Asian Coleslaw, Asparagus Orange Salad and Wo Ti's Garlicky Romaine Salad. Try the Asian Cucumber Bisque, Coconut Squash Soup, or Pineapple Hot-and-Sour Soup to mention a few. Main courses to try are several tofu recipes: Tofu Pork Pillows and Tofu and Three Mushroom Stir-Fry. Use up leftover eggs in the fridge with Dinner Oyster Omelet. Seafood lovers will delight in the Stuffed Jumbo Garlic Prawns or the Cantonese Shrimp Scramble. How about the Sea Scallops in Sweet Chili Sauce served with steamed rice or Wine-Steamed Clams? And the list goes on. There are many chicken recipes and a really interesting one is Three-Alarm Firecracker Chicken. Vegetables, rice and noodle dishes are aplenty. Three-Minute Baby Bok Choy along with Toasted Sesame Greens, a Broccoli and Cauliflower Stir-Fry, and Ginger Sugar Snap Peas. Two interesting rice dishes: Coconut Rice and Carrot-Pineapple Rice. Several noodle dishes that include Spicy Soba Noodles, Yan Can Lo Mein, and Hakka Vegetarian Chow Fun add flavorful dishes to any meal. Finally, desserts and drinks round out the meal. You will find Tropical Fruit with Lemon-Ginger Syrup, Coconut Custard, and Twin-Ginger Shortbread Cookies. Quench your thirst with Lemongrass Iced Tea or Ho Chi Mojito. Making Martin Yan Quick & Easy complete is a table of equivalents and "quick & easy" meal suggestions. Martin Yan gives you tips throughout to have you cooking the perfect in-home, healthy meal. What a find-healthy Asian food that you can prepare in 30 minutes or less. Martin Yan shows you how easy this is accomplished in Martin Yan Quick & Easy. You will benefit from all of his experience and knowledge. Well worth the \$24.95!

Quick and easy from the master Asian chef. Excellent book layout - clean and simple. Easy for most of us to follow, nothing extremely complicated. You'll be tempted, as I was, to try many of the delicious recipes! I'll be going back for more!

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