



## 300 Best Stir-Fry Recipes

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*With these stir-fry recipes there are endless options for making delicious meals.*

Stir-frying is a simple way to prepare delicious, healthful home-cooked meals for the whole family even on the busiest of days. In addition to the satisfying recipes, there is also a comprehensive ingredient glossary that features everything from bean paste to Szechwan peppercorns. And since a wok is often used in the cooking process, there's an extensive equipment glossary which includes information about woks and how to season them.

Here's just a small sampling of the author's inspired recipes:

### Chicken

- Soy-Spiked Chicken with Shitakes, Peppery Basil Chicken

### Beef

- Gingery Beef with Spinach, Asparagus and Beef Toss

### Pork

- Garlicky Pork in Lemongrass Paste, Pork with Fragrant Black Beans

### Shrimp

- Greek-Style Shrimp with Tomatoes and Lemon, Cajun-Spiced Shrimp

### Ham, Sausage, Lamb and Roasted Meats

- Chinese Sausage with Cucumber, Down-Home Sausage with Apple

### Fish and Seafood

- Baja-Style Fish Fillets with Cabbage and Lime

### Meatless Mains

- Honey-Mustard Tempeh with Broccoli, Moo Shu Vegetables

### Fried Rice, Noodles, Rice, Grains and Other Sides

- Garlic-Scented Stir-Fried Rice with Clams and Parsley, Yakisoba.

The many vegetarian dishes also provide healthy, satisfying and delightful meals.

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