



# Stir-Frying to the Sky's Edge: The Ultimate Guide to Mastery, with Authentic Recipes and Stories

*Grace Young*

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## **Stir-Frying to the Sky's Edge: The Ultimate Guide to Mastery, with Authentic Recipes and Stories**

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Winner of the 2011 James Beard Foundation Award for International Cooking, this is the authoritative guide to stir-frying: the cooking technique that makes less seem like more, extends small amounts of food to feed many, and makes ingredients their most tender and delicious.

The stir-fry is all things: refined, improvisational, adaptable, and inventive. The technique and tradition of stir-frying, which is at once simple yet subtly complex, is as vital today as it has been for hundreds of years—and is the key to quick and tasty meals.

In *Stir-Frying to the Sky's Edge*, award-winning author Grace Young shares more than 100 classic stir-fry recipes that sizzle with heat and pop with flavor, from the great Cantonese stir-fry masters to the culinary customs of Sichuan, Hunan, Shanghai, Beijing, Fujian, Hong Kong, Macau, Taiwan, Singapore, and Malaysia, as well as other countries around the world. With more than eighty stunning full-color photographs, Young's definitive work illustrates the innumerable, easy-to-learn possibilities the technique offers—dry stir-fries, moist stir-fries, clear stir-fries, velvet stir-fries—and weaves the insights of Chinese cooking philosophy into the preparation of beloved dishes as Kung Pao Chicken, Stir-Fried Beef and Broccoli, Chicken Lo Mein with Ginger Mushrooms, and Dry-Fried Sichuan Beans.

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