



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

By Grace Young

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

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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### Editorial Review

From Publishers Weekly

Stir-frying may have been pedestrianized by generations of vegetarian college students, but this beautiful, comprehensive cookbook restores it to its rightful place among the most elegant cookery techniques. The virtues of stir-frying, Young writes, are many: it makes bounty out of small amounts of meat and oil; it emphasizes healthful vegetables; and most importantly, it creates 'alchemic flavor out of raw ingredients. Young (*The Breath of a Wok*), has a scholarly yet impassioned approach, and she fuses personal anecdotes, meticulously researched history, and stir-fry-related arcana to illuminate her subject. She covers types of woks and utensils and a recommended stir-fry pantry, including a photograph of sauces with tricky-to-decipher packaging. At the book's heart are the classic techniques and dishes of China's regional cuisines, such as Hunan-style cumin beef, Cantonese chicken with black bean sauce, and stir-fried Sichuan beans. Still, for Young, who always travels with her own wok, the story of stir-frying is also the story of the Chinese diaspora. By tracing the stir-fry around the world, she demonstrates all of the diversity it can contain: Jamaican stir-fried chicken with chayote, Cuban fried rice, and Peruvian stir-fried filet mignon. For the serious home cook, this informative, lyrical tome is an inspiration. Photos. (May)  
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From [Booklist](#)

Most people associate stir-frying solely with Chinese cookery, but this classic method of flash cooking has influenced cuisines throughout the world due in large part to the Chinese diaspora. Young, whose expertise in wok technique has already enlightened American cooks, has now gathered recipes for stir-frying reflecting culinary traditions as far-flung as Indonesia and Peru. Familiar Chinese dishes such as Sichuan Pork with Peppers and Peanuts and Shrimp in Lobster Sauce honor classic flavor combinations, but Jamaican Chicken with Chayote shows that stir-frying can adapt to other cultural impulses. For the novice, Young offers lots of basic yet learned advice on shopping for unfamiliar ingredients and on assembling a Chinese pantry. Photographs and step-by-step instructions make fundamental wok tools and techniques accessible to even the least experienced. Her sidebars featuring talented stir-frying masters from all over the world add human dimension to the recipes. --Mark Knoblauch

Review

"With this extraordinarily inspiring and comprehensive book, Grace Young establishes herself not only as one of the world's great experts in Chinese cooking but as one of its few genuine masters. Buy it, read it, cook from it—and soon you will be on your way to becoming a stir-frying master yourself."

--James Oseland, editor-in-chief of *Saveur* and author of *Cradle of Flavor: Home Cooking from the Spice Islands of Indonesia, Malaysia, and Singapore*

"For Grace Young, poet-laureate of the wok, a way of cooking is a way of life. Through stories, practical kitchen advice, and eminently doable recipes, *Stir-Frying to the Sky's Edge* takes the art of stir-frying to a new level."

--Betty Fussell, author of *Raising Steaks: The Life & Times of American Beef*

"*Stir-Frying to the Sky's Edge* is the essential cookbook for anyone who wants to stir-fry with confidence, even mastery. Grace Young has interviewed exceptional Chinese cooks from all over the world to document

their stories and recipes and to reveal the many ways in which stir-frying has sustained the Chinese in cultures as far-flung as India, Trinidad, Jamaica, Cuba, Peru, France, and America. Whether you are seeking a practical and inspiring Chinese cookbook or a beautiful culinary history, look no further."

--Paula Wolfert, author of *Mediterranean Clay Pot Cooking*

"Trying to flip quickly through this book is impossible. Nearly every page turn caught me up with something I had to read. Grace Young brings us the entire being of the wok. Yes, she's a gifted recipe writer, hand holding through each step, so success comes pretty effortlessly. But the revelation with Grace goes further. The wok is probably the most underrated (and underpriced) piece of equipment we have. Grace knows its life, its place not solely in China, but in the world. The wok is immediacy, tradition and maybe even an instrument of life force. Did I get carried away? Maybe, but that's where Grace can take you. Follow her, you'll love the trip."

--Lynne Rossetto Kasper, host of Public Radio's national food show, *The Splendid Table*®, from American Public Media

"Grace Young's masterful book reveals stir-frying as 'a cooking method of great subtlety and sophistication.' She provides a sense of spirit, of excitement, that makes stir-frying delicious fun. Recipes are clearly written and detailed; you'll get the requisite hand-holding to stir-fry your way to a delicious dinner....Young has done an admirable job showing how this ancient technique can be deliciously new and cool."

--Bill Daley, *Chicago Tribune*

"Young, whose expertise in wok technique has already enlightened American cooks, has now gathered recipes for stir-frying reflecting culinary traditions as far-flung as Indonesia and Peru. For the novice, Young offers lots of basic yet learned advice on shopping for unfamiliar ingredients and on assembling a Chinese pantry. Photographs and step-by-step instructions make fundamental wok tools and techniques accessible to even the least experienced. Her sidebars featuring talented stir-frying masters from all over the world add human dimension to the recipes."

— Mark Knoblauch, *Booklist*

"If you've ever spent much time with the award-winning *The Breath of a Wok*, you know that Grace Young's cookbooks feel as personal as they are practical. Her latest is no exception. And if you're expecting food a la Panda Express, this book will be a revelation. Stir-fries, it turns out, can come from almost every continent, and a good one is no slapdash affair. Young reveals the many small techniques that add up to excellence."

--Katherine Miller Fran Walden, *The Oregonian*

"Grace Young is one of the very best cookbook authors writing today. Her newest book, *Stir-Frying to the Sky's Edge: The Ultimate Guide to Mastery, With Authentic Recipes and Stories* is essential reading for anyone interested in Chinese cooking."

--Erica Marcus, *Newsday*

"The new cookbook by Grace Young is an extended love poem to the wok. It has more than 100 fab recipes, from classics such as Stir-Fried Beef and Broccoli to delicious hybrids like Chinese Jamaican Jerk Chicken Fried Rice and Chinese Trinidadian Stir-Fried Shrimp and Rum. Young's travels take her around the globe

and along the way, fortunate readers will learn how to rock the wok."

--Matt Schaffer, *The Boston Herald*

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#### **Jeffrey Sandoval:**

Now a day folks who Living in the era where everything reachable by talk with the internet and the resources included can be true or not demand people to be aware of each facts they get. How people have to be smart in having any information nowadays? Of course the correct answer is reading a book. Reading through a book can help folks out of this uncertainty Information mainly this Stir-Frying to the Sky's Edge: The Ultimate Guide to Mastery, with Authentic Recipes and Stories book as this book offers you rich data and knowledge. Of course the details in this book hundred per cent guarantees there is no doubt in it as you know.

#### **Patrice Gasaway:**

This Stir-Frying to the Sky's Edge: The Ultimate Guide to Mastery, with Authentic Recipes and Stories are usually reliable for you who want to be described as a successful person, why. The main reason of this Stir-Frying to the Sky's Edge: The Ultimate Guide to Mastery, with Authentic Recipes and Stories can be one of many great books you must have is definitely giving you more than just simple examining food but feed you actually with information that maybe will shock your preceding knowledge. This book is definitely handy, you can bring it everywhere and whenever your conditions at e-book and printed kinds. Beside that this Stir-Frying to the Sky's Edge: The Ultimate Guide to Mastery, with Authentic Recipes and Stories giving you an enormous of experience like rich vocabulary, giving you trial of critical thinking that we understand it useful in your day task. So , let's have it and revel in reading.

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#### **John Starr:**

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