

**THE BREATH OF A WOK: UNLOCKING THE SPIRIT OF
CHINESE WOK COOKING THROUGH**

Erick Manigo

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I now at last understand wok hay, the sublime seared taste that only great stir-fry dishes possess. If you are cooking on a custom-made wok stove, a professional range, a less powerful gas range, or an electric stove, adjust the heat levels called for, or increase or decrease the cooking times by a few minutes. I try to explain to my auntie and uncle that I want to see traditional wok culture. FacebookTwitterFlipboardEmail. I feel ecstatic and exhausted. But I cannot imagine farmers like Liang Nian Xiu relinquishing their traditional fuel-efficient stoves and woks. WearrivefirstatLiangXiu'smother'sbirthplace,a"minority"village.Au is a cookbook that sizzles, sings, and ultimately has you sighing with pleasure.