



Gok's Wok

By Gok Wan

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Gok's Wok By Gok Wan

In his brand new book, Gok Wan shares his favorite recipes for fresh and healthy meals—inspired by the flavors of Asia. Gok's recipes draw influence from the East, as he teaches us how to add flavor and a splash of originality through his distinctive style of simple, fast cooking. Chapters cover all occasions, from lunch ideas to dinner parties and date nights, and include curries, stir-fries, noodles, salads, soups, and even desserts. He shares many of his family's traditional recipes too, but gives them a modern twist for today's kitchen tables—try sweet miso marinated chicken and pak choy, sweet potato and Brazil nut curry, and Poppa Wan's fu yung. And, running throughout, are Gok's words of advice on wok cooking, his favorite ingredients, and tips on preparation and entertaining Gok-style. For Gok, great eating should be hassle-free, and these recipes are exactly that—tasty dishes that are low stress, good for you, and make minimal mess. Includes metric measurements.

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Editorial Review

About the Author

Gok Wan first came into the spotlight in 2006 with his acclaimed TV series *How to Look Good Naked*. This was followed by several other shows, including *Gok's Clothes Roadshow*, *Gok's Fashion Fix*, and his documentary on obesity in children, *Too Fat Too Young*. He is the author of *Gok Cooks Chinese*, *How to Dress*, and *Through Thick and Thin*.

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