



Wok cooking

Mara Iglesias

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Wok cooking Mara Iglesias

The wok has always been an essential element in oriental cooking. Recently, westerners have also been utilizing the wok to make delicious, healthy meals. What is a wok? We could describe it as a large oriental frying pan, but it is better described as a cooking utensil made from metal, bent but not too deep, bowl-shaped and with one or two handles or knobs.

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