



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

*Grace Young*

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## **Winner of the 2011 James Beard Foundation Award for International Cooking**

The stir-fry is all things: refined, improvisational, adaptable, and inventive. It is the rare culinary practice that makes less seem like more, and by which small amounts of food feed many.

For centuries the Chinese have carried their woks to all corners of the earth and re-created stir-fry dishes, using local and sometimes nontraditional ingredients. The old expression: "One wok runs to the sky's edge" means "one who uses the wok becomes master of the cooking world." And as the wok user becomes master of the cooking world, so does he become master of the stir-fry, one of the greatest techniques of Chinese cookery.

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. In *Stir-Frying to the Sky's Edge*, James Beard 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 80 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 such beloved dishes as Kung Pao Chicken, Stir-Fried Beef and Broccoli, Chicken Lo Mein with Ginger Mushrooms, and Dry-Fried Sichuan Beans. In honoring the traditions of her cultural ancestors who traveled the globe, Young offers delectable crossover recipes for Chinese Jamaican Jerk Chicken Fried Rice, Chinese Trinidadian Stir-Fried Shrimp with Rum, Chinese Burmese Chili Chicken, and Chinese American Shrimp with Lobster Sauce.

Expert home cooks and professional chefs teach you the foundations of stir-fry mastery in the modern kitchen—everything from how to choose, season, and care for a wok and the best skillet alternative; the importance of marinades and the proper technique for slicing meat and poultry for optimum tenderness; to how to select and handle Asian vegetables; ways to shortcut labor-intensive preparations; and tips on how to control heat and choose the best cooking oil.

Fascinating personal portraits illustrate how stir-frying is not just a cooking technique but a vital element of China's rich culture. With this book, Grace Young has created the authoritative guide to stir-frying, a work that is at once rewarding and beautiful, much like the technique of stir-frying itself.

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

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## **From Reader Review Stir-Frying to the Sky's Edge: The Ultimate Guide to Mastery, with Authentic Recipes and Stories for online ebook**

### **Lauran says**

Only made two recipes so far, but both turned out better than my randomness. Easy directions and really good intro explanations about wok cooking. Now I just need a suitable wok.

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### **Shaima says**

This is the book that is teaching me to stir-fry. So far, it's been great, with lots of tips about seasoning the wok and prepping meats and vegetables the proper way. I wish I hadn't purchased the Kindle version, though, because I'm not finding the ebook cookbook experience very satisfying.

I've finished the book and the 5 recipes I've followed have turned out well. I've had only decent luck using recipes as inspiration. The book's organization works fairly well as an instructional manual, but not so well if you're trying to figure out what to cook that night. The ebook experience is awful, however. I think I just like having a physical cookbook.

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### **Maggie says**

This is an excellent cookbook. Every recipe I've tried from it so far has been easy to follow and has resulted in delicious, authentic meals. What I like best, though, is how thoroughly Young discusses all the basic ingredients of Chinese cooking, explains (in words and pictures) basic knife skills for different preparations, and covers proper cleaning and care of a wok. I got this book for Christmas, and already I've learned so much from it. I highly recommend it.

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### **Cris says**

I picked this book up for technique instruction and potential recipes, not for the stories.

Young seems to assume that readers have already committed themselves to fully embracing stir-frying with a wok and all that entails. I hadn't. I wanted to try some recipes because stir-frying as a concept appeals to me. Young's books has me seriously reconsidering even trying. Her insistence that stir-frying should always involve a wok and her instructions for preparing the wok are overwhelming. And that's before she begins her techniques for the 'kitchen basics'.

On the positive side, Young's instructions are clear and well-illustrated with photos. I would have suggested some re-arranging of recipes, though. Her instructions on basic stir-frying of vegetables and the preparation of rice (that's expected to accompany almost every dish) are located almost at the very end of the book.

I may, or may not, attempt a few recipes from her book. But I'm well on my way to giving up on the concept of stir-frying thanks to Ms. Young.

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### **John Beverley says**

If you want to make authentic Chinese stir fry, this is your book. A few caveats: stir fryer and high BTU heat source are critical (doesn't work well with electrics or non-sticks), must use fresh ingredients from real ethnic markets, sauces and cooking wines make for very salty end results, many steps must be executed quickly with impeccable timing, be careful not to burn yourself. For all the time, money, and trouble, you're probably better off going to a high end Chinese restaurant. Makes a great coffee table book, though.

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### **Valerie says**

All of the information about stir-frying, chinese immigrants adapting to new foods, and keeping their traditions alive while forging new ones was fascinating. I will wait on the final star until after I try some of the dishes. One that intrigues me involves stir-frying bagels...I'll certainly try that one.

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### **Jennifer says**

Every recipe I have made from this book has been super delicious. Easy to follow and as long as you have all of the ingredients explained at the beginning of the book, you can cook hundreds of yummy things. I love my wok!

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### **Mel says**

Grace's cookbooks are a beautiful compilation of food, recipes, and history. Her recipes in this book are fail-safe; I never made a good stirfry before I owned this book, and now mine are always great! Highly recommend. She is a wonderful writer, and a gracious person.

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### **Eric says**

Grace Young's cook books are always good. I learned Chinese cooking from Grace Young's The Breath of a Wok: Breath of a Wok. My family doesn't leave any leftovers when I cook one of Young's recipes.

This book, Stir-Frying to the Sky's Edge, is just what it advertises. It is an in-depth, exhaustive treatise on stir-frying. If there is anything to be said about stir-frying, this book says it, and it leaves nothing out.

If you're only going to buy one of Young's books, I recommend *The Breath of a Wok: Breath of a Wok*. It has better stories, better photography, and it covers a broad range of Chinese cooking, not just stir-frying. Not that *Stir-Frying to the Sky's Edge* isn't a good cook book. It's just that Young set the bar so high with *Breath of a Wok*.

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### **DK Simoneau says**

I went on a stir-fry kick awhile back, and this was THE book that made it last for so long. Everything we tried came out wonderful. Well written, well documented with steps and picture. A Great great cookbook on stir-fry for sure! Had to buy two copies so at my partner's house we could use it too!

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### **Anthony says**

Mostly skimmed through the recipes. The book is a great primer on cooking with a wok - it explains the different types of woks, how to season and maintain a wok, and the general process behind stir frying. The recipes seem to have a Cantonese/Chinese-American influence (disappointing to me, as I was hoping to find more Northern-style dishes). I'm reading through *The Breath of a Wok* and so far I would recommend that over this book

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### **Ryan says**

Another good "wok" book by Grace Young. This one contains a variety of wok recipes interlaced with personal stories about native Chinese who adapted their cooking as immigrants to countries around the world. Young is intrigued by the Chinese cooks' way of adapting stir-fry to local ingredients and tools.

I've tried out the recipes for fried rice and broccoli beef (rookie recipes according to Young) and they were a big hit at our house.

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### **?ukasz Badura says**

I learned a few things to improve my stir-frying skills, liked the stories behind recipes. I was hoping for more vegan/ vegetarian recipes though.

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### **Steven says**

Who reads cookbooks? Well, I do sometimes. I'm a reasonably good cook and I really enjoy good food. I lived in Taiwan for two years back in the mid '70s and I have been trying for 35 years to recreate the elusive flavors I remember. This book finally allowed me to do that. Grace Young defined the subtle, quintessential something that I had been missing as "wok hay" and her book taught me how to capture it.

The recipes are fabulous, but the greatest value of this book for me (besides the revelation of wok hay) was the stories Young tells of the Chinese diaspora and how Chinese cuisine has been adapted to the culinary environs of all the countries where Chinese people have settled. Jamaican Jerk Chicken Fried Rice is just one exciting example.

This is an exceptional book. An absolute must for anyone interested in Chinese cooking.

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### **Cecilia Adame says**

I love this cookbook and recommend highly to anyone who is interested in learning how to make anything stir fried. I initially bought this book because my local Chinese cafe closed and I really liked their chow mein so I decided to buy a cookbook to learn about the spices to use. I had tried stir fry before but was not happy with the soggy veggies that resulted by using my non stick Calphalon wok I had purchased five or so years ago.

Between this book and "Breath of a Wok" also by Grace Young I learned to make an awesome stir fry using a lot of veggies, baking soda tenderized chicken and Chinese five spice. I was so confused about what noodles to use and discovered that spaghetti noodles work just fine. since I am getting away from eating white starch I use whole wheat noodles delicious.

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