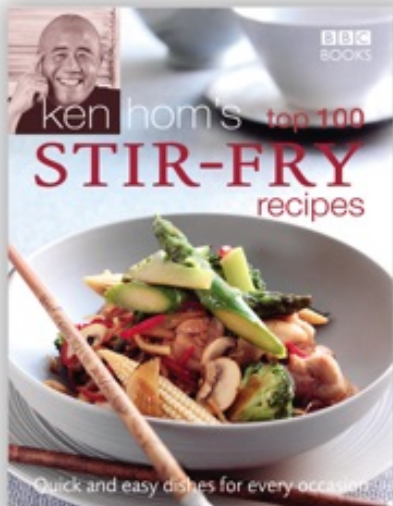


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Stir frying is regarded as a healthy and popular cooking method and all grocers sell ready-prepared stir-fry vegetables. As one of the world's greatest authorities on cooking with a wok, Ken shows us that the versatility and convenience of stir frying never compromises the flavour.

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