

Hot Asian Concept

**Another Hot Asian Restaurant Concept:
Wok Hay – The Breath of the Wok**

"Wok hay" or "breath of the wok" is what the Chinese call the familiar flavor achieved in this intensity of a wok. The term is now becoming one of the buzz words in the industry – so much so that Grace Young has written a dynamic book titled "*The Breath of a Wok*" with fantastic photographs by Alan Richardson, a must for any serious cook interested in Asian cuisine.

This high heat based flavor has migrated and can be found in stir-fries across much of Asia. Regardless on



Photo by Robert Danhi

Smoking Wok as Wok Hay is Created

A quick flip of the lever and dozen of gas jets explode with a fiery blast of heat. The chef drizzles a thin drizzle of oil around the perimeter of the wok and it begins to smoke instantly the minced aromatic ginger and garlic are added and a loud sizzle emanates from the wok. Next, freshly cut emerald Chinese greens are tossed into the wok as flames rush up the sides of the wok.

where you may taste this subtle flavor, you can be sure that if you do taste your creation shortly after it leaves the wok it will diminish measurably in only a matter of minutes.

Many cooks will argue that only a traditional carbon-steel wok will illicit **wok-hay** – no Teflon coated imitations here please. Begin with a hot wok, cook your food quickly and serve it immediately. Once you have tasted cooking over that extreme heat it is hard to go back!

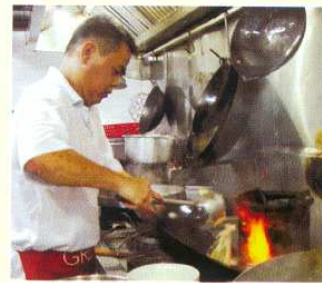


Photo by Robert Danhi

The Chef in Malaysia Captures Wok Hay

First a few tosses of the wrist, then a splash of chicken stock quenches the woks thirst, after that a pinch of salt is added and by now the greens have become a brilliant green. The chef quickly swirls a toasted sesame oil to coat the vegetables with a glistening finish and nutty aroma. A deft twist of the wok and the vegetable and sauce fall in a neat pile on the platter. The waiter rushes this plate out to the table and your first bite is filled with that illusive **Wok Hay**.

About our **Wok Hay** Author/Contributing Editor:

As the "Conqueror of Discriminating Tastebuds" Chef Robert Danhi (see page 4) is the Executive Chef of Two Chefs on a Roll, a dynamic company in Carson California that creates and manufactures appetizers, dips, sauces, soups and desserts. Chef Danhi is also an educator and consultant to the foodservice industry.