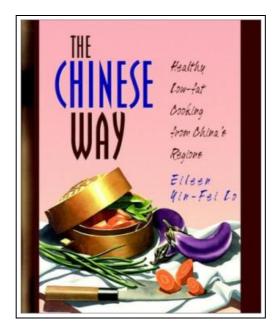
The Chinese Way: Healthy Low-fat Cooking from China's Regions



Filesize: 1.13 MB

Reviews

This book is definitely not effortless to start on reading through but extremely fun to learn. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Aliya Franecki)

THE CHINESE WAY: HEALTHY LOW-FAT COOKING FROM CHINA'S REGIONS



Wiley, 1997. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Dear Eileen, I have cooked French with pleasure for forty-eight years and now that I have read your book, The Chinese Way, I have become enthusiastic about cooking Chinese. I am sure it will help me to get rid of any accumulated pounds." -- Andre Soltner "As chefs in search of menu inspiration know, a new book by Eileen Yin-Fei Lo is always a mandatory buy. In her newest, she manages to hit a double bull's-eye, delivering both a superb repertory of easily cooked, complexly-flavored regional Chinese dishes, and a sophisticatedly-tasty solution for lowering intake of fats." -- Michael and Ariane Batterberry Founding Editors/Associate Publishers Food Arts magazine "To live well is the definition of happiness. To dine well on Eileen Yin-Fei Lo's healthy Chinese food is the definition of divine." -- George Lang The Chinese Way As anyone who has cooked it at home knows, Chinese cooking is almost inherently healthful. Traditional cooking techniques like water blanching, stir-frying, and steaming are not only healthy, they bring out the best, natural flavors in food. In Chinese cooking, oils are used minimally, marinated meats are used to flavor a dish, not dominate it, and healthful foods like vegetables, rice, and noodles are staples. With traditional, but lightened, Chinese dishes and many of the author's own creations, plus nutritional information for every recipe for calorie- and fat-gram counters, The.



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