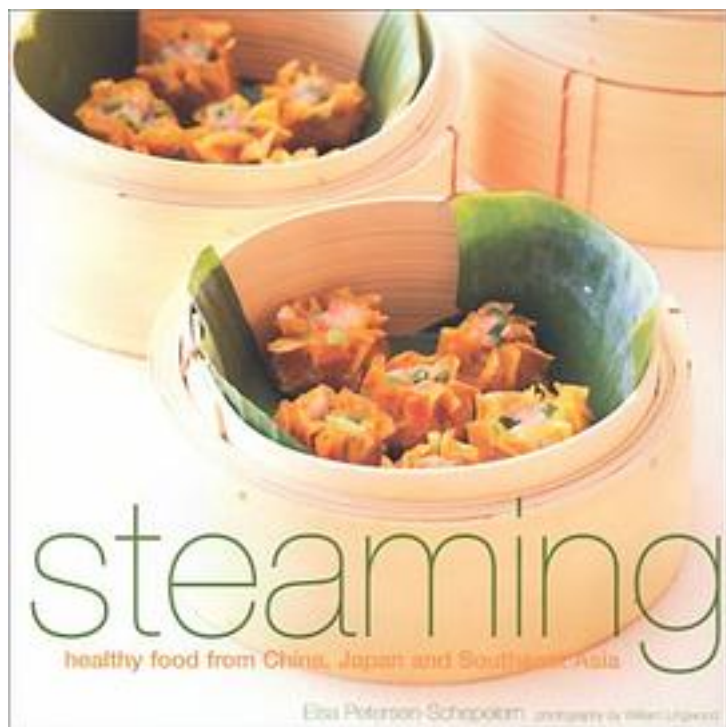


Steaming



[Steaming_ 下载链接1](#)

著者:Brigid Treloar

出版者:

出版时间:2008-6

装帧:

isbn:9780794605803

We all want to provide tasty and healthy meals for our families, but few of us have the time. This book shows busy cooks how to keep the delicious and healthy meals coming without spending hours in the kitchen to prepare home-cooked dinners. An ancient Asian cooking technique, steaming fits in perfectly with contemporary eating styles. Quick and easy to prepare, steaming is a flavor-packed and nutritious alternative to cooking with fats.

Steaming is a wonderful introduction to this classic Asian art of cooking. Each recipe includes step-by-step directions that anyone can follow, and provides information on

how to use a variety of steaming equipment, including tips for creating your own steamer. With recipes for everything from appetizers to desserts, everyone is sure to find new family favorites for dinner!

作者介绍:

目录:

[Steaming_下载链接1](#)

标签

评论

[Steaming_下载链接1](#)

书评

[Steaming_下载链接1](#)