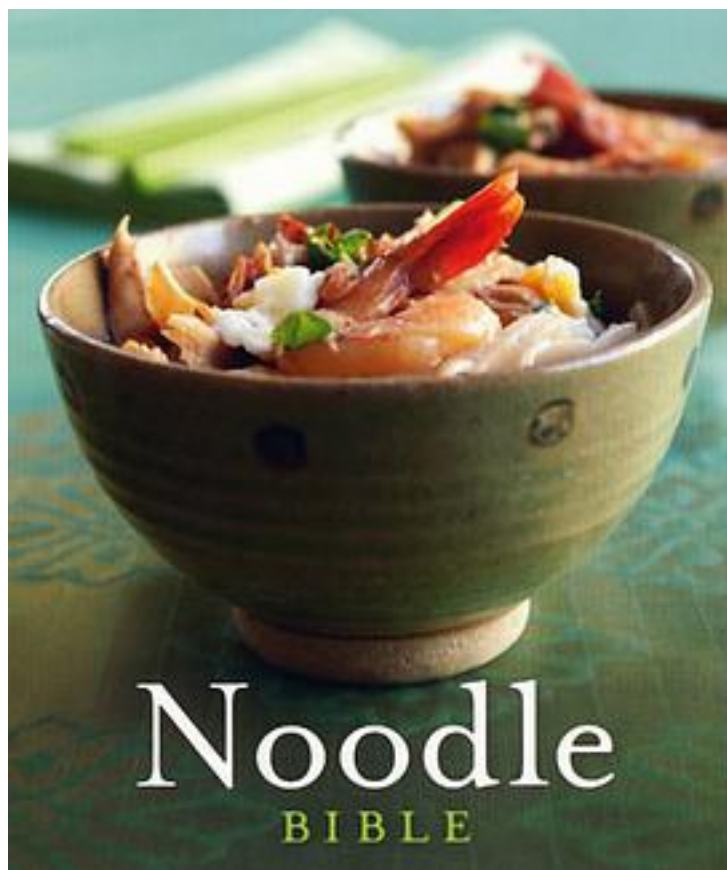


Noodle Bible



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A bowl of noodles is the ultimate comforting, convenience food. Noodles are inexpensive to buy, quick and easy to cook, and healthy too. For thousands of years a staple food of nearly every Asian culture, they are now an essential ingredient in most western kitchens. The huge range of noodles available - wheat, rice, bean starch and buckwheat, to name but a few - makes them remarkably versatile. "Noodle Bible" is

packed with recipes from China, Japan, Thailand, Vietnam, Singapore, Malaysia and Indonesia. There are fragrant broths, hearty hawker-style dishes, one-pot meals such as sukiyaki, and cool favourites such as chilled soba noodles. As well, there are tips on choosing, cooking and storing noodles, preparing basic stocks and accompaniments, and ideas for elegant concoctions such as noodle baskets for special occasions.

作者介绍:

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