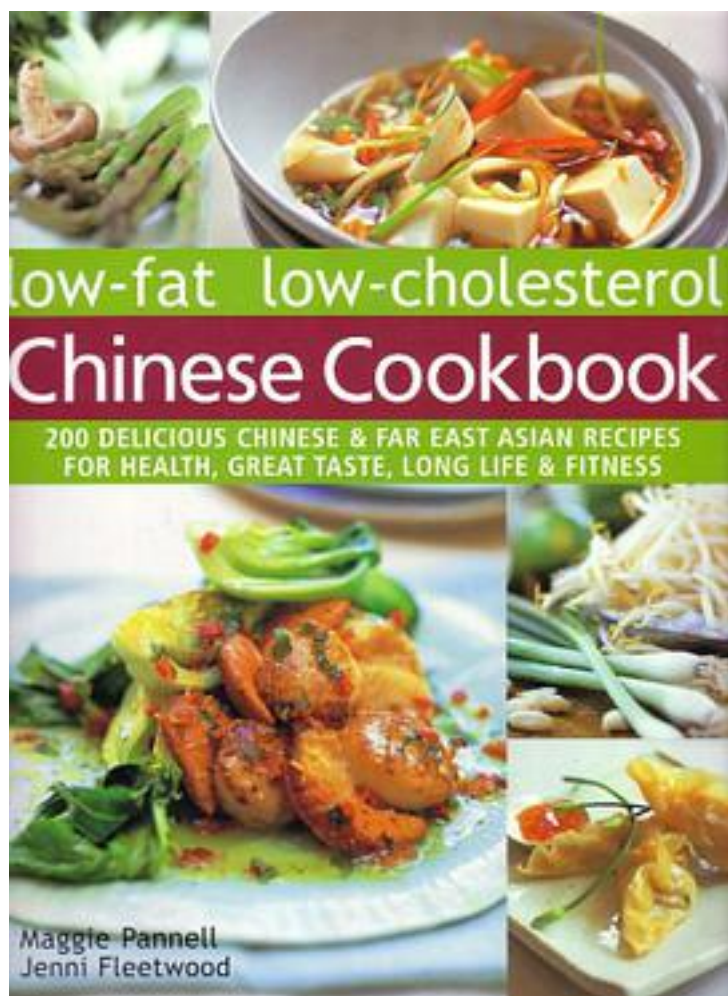


Low-Fat Low-Cholesterol Chinese Cookbooksb12



[Low-Fat Low-Cholesterol Chinese Cookbooksb12 下载链接1](#)

著者:Pannell

出版者:

出版时间:

装帧:

isbn:9781844778966

Beginning with an introduction to the ingredients, nutritional information and techniques involved in low-fat Chinese cooking, Pannell launches into her healthy

approach to this cuisine. Using various Japanese and South-East Asian influences, she also includes miso, sashimi and udon to reduce the fat level of her chinese dishes. Classics like sang choy bau, steamed pork buns, wonton soup and 'sinless' sweet and sour pork all make it into this extensive collection that won't hurt the waistline.

200 Delicious Chinese & Far East Asian Recipes for Health, Great Taste, Long Life and Fitness

Enticingly authentic Chinese and Far East Asian recipes, each naturally low in fat or reworked as a specially devised healthy version.

Includes a wealth of recipes from all over the region, ranging from soups and appetisers to snacks and desserts, including familiar favourites, such as Chicken with Cashew Nuts, Duck with Plum Sauce and Sweet and Sour Pork, as well as less well-known ideas, such as Claypot of Chilli Squid, Gong Boa Prawns and Savoury Chiffon Custards.

A lively introduction provides guidelines for cutting down on fat, information on the fat content of different foods, and top tips for fat-free cooking techniques, as well as advice on regional ingredients, choosing equipment, preparation and much much more.

More than 850 beautiful colour pictures, including easy to follow step by step instructions and a glorious portrait of the finished dish, plus nutritional information and an at-a-glance key showing the level of fat per portion.

作者介绍:

目录:

[Low-Fat Low-Cholesterol Chinese Cookbooksb12_ 下载链接1](#)

标签

评论

[Low-Fat Low-Cholesterol Chinese Cookbooksb12_ 下载链接1](#)

书评

[Low-Fat Low-Cholesterol Chinese Cookbooksb12 下载链接1](#)