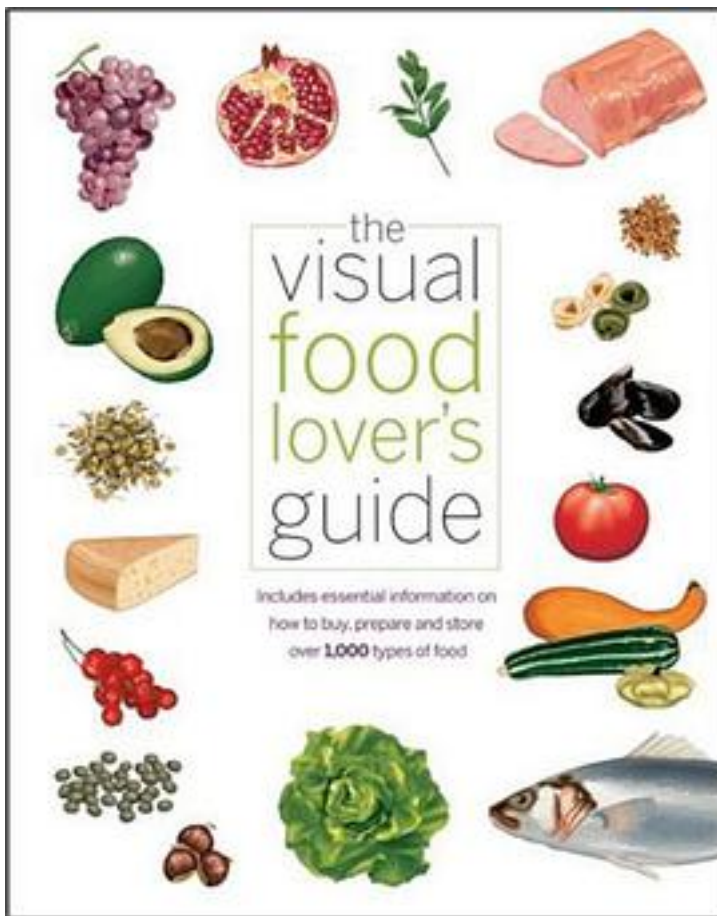


The Visual Food Lover's Guide



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著者:QA International

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An invaluable guide on how to identify, select, prepare, and store over 1,000 types of food. Small enough to carry everywhere, but packed with information, this practical and beautifully illustrated full-color guide covers almost every type of food you will find at a supermarket, farmer's market, and specialty food store. "The Visual Food Lover's

Guide" gives you Information on buying, storing, and cooking every type of food Over 600 color illustrations to help clearly identify foods Nutritional facts for every ingredient The essentials on vegetables, legumes, grains, fish, shellfish, meat, poultry, dairy products, nuts and seeds, and herbs and spices A quick reference on foods as common as chicken and as exotic as kombu seaweed How-to photos of basic food preparation techniques such as properly cutting a pineapple, cleaning crab, and making homemade pasta With more than 300 entries, "The Visual Food Lover's Guide" is an indispensable tool for anyone who wants to know at a glance about the foods they eat and read about.

作者介绍:

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非常精美 图片可爱 介绍详细

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