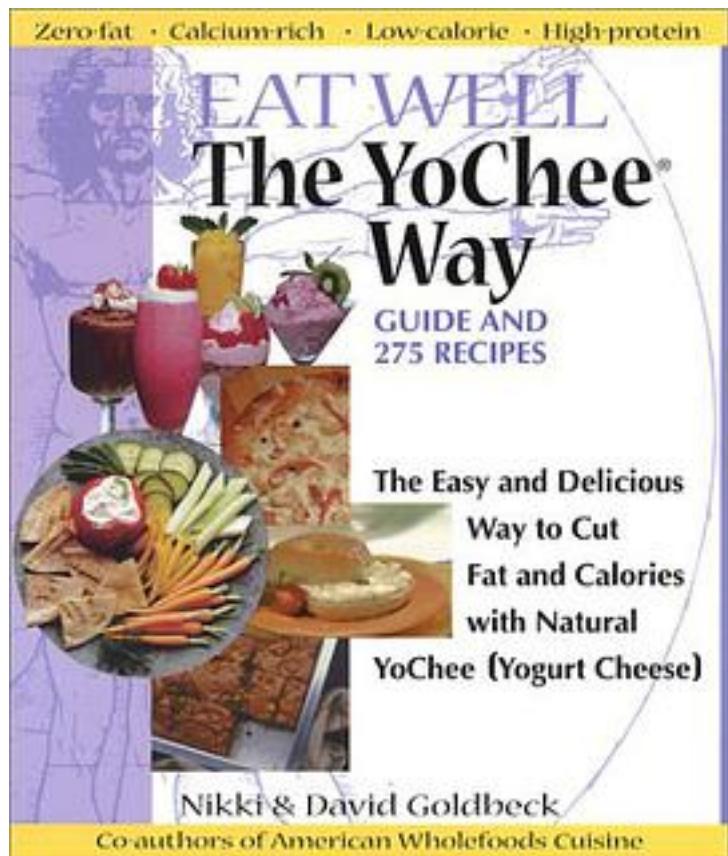


Eat Well the YoChee Way



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This new Goldbeck cookbook features a little-known, age-old food with remarkable health and culinary benefits. The food, often called yogurt cheese or laban has been renamed Yochee by the authors. Yochee will be of particular interest to those concerned with calories, fat, calcium and the lactose intolerant. And creative cooks have a new food to play with. Yochee is made by simply allowing the liquid from yogurt

to drain in a straining device. No special apparatus is needed - although the book includes a resource for obtaining specially designed strainers. As the authors say "if you can use a spoon you can make YoChee. Gravity does all the work." Non-cooks can use YoChee as a substitute for high-fat spreads such as butter or as a substitute for mayonaise in sandwich spreads; cooks will discover remarkable renditions of familiar(formerly fatty)dishes that can be made with it. How about non-fat, CREAMY, soups, sauces and salad dressings? The book's 275 recipes include every course and nutritional analysis. In the hands of the Goldbecks YoChee is reborn as a valuable 21st century food with remarkable cooking and health benefits.

作者介绍:

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