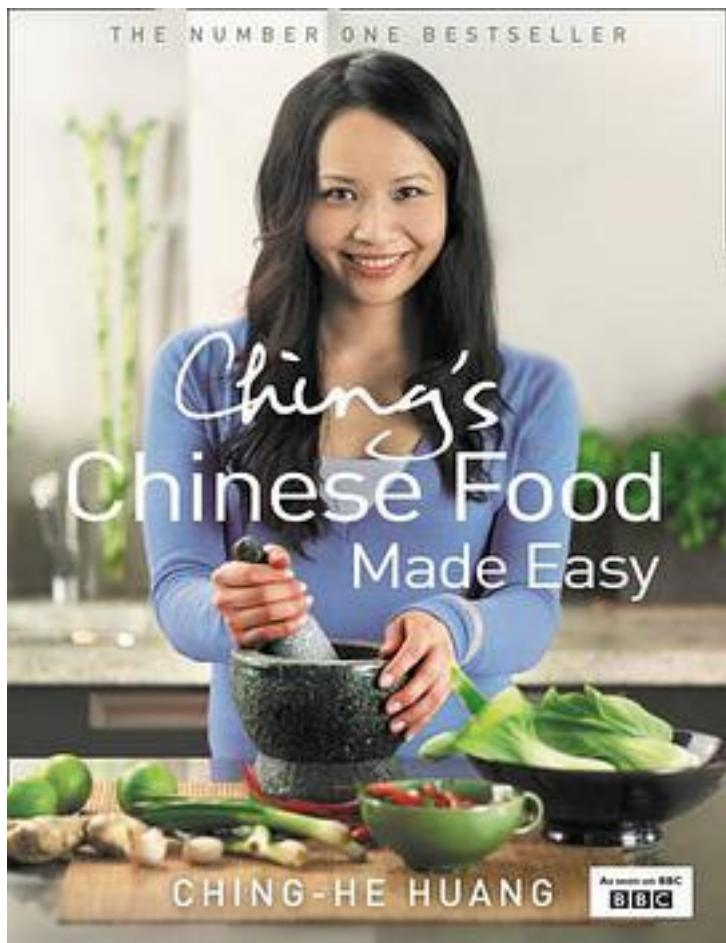


Ching's Chinese Food Made Easy



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With her BBC TV series, Chinese Food Made Easy, Ching reinvented Chinese cooking. This runaway bestselling cookbook is packed with her most popular recipes from the show as well as a wide range of simple, healthy and utterly delicious recipes that she

cooks for her family and friends. Learn to cook those firm favourites from Chinese take-away menus, such as Singapore-style Noodles and Chicken and Cashew Nut Stir-fry, as well as authentic Chinese recipes with fresh modern twists, such as Kung Po Prawns or Sichuan Crispy Chilli Pork. The vast majority of Ching's recipes can be made from supermarket ingredients and even novice cooks will find them easy to prepare. Ching also includes handy hints on choosing a wok, cooking techniques, menu planners and essential storecupboard ingredients to get you started. Ching's recipes hit the spot every time and this beautifully illustrated bestselling book has already earned its place as a kitchen classic.

作者介绍:

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