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Tomiteru Shu, Fumiko Sugawara, Yumiko Chiba, Kazuo Mizutani, Yoko Ishiguro : Easy Chinese Appetizers and Family Dishes (Quick Easy) before purchasing it in order to gage whether or not it would be worth my time, and all praised Easy Chinese Appetizers and Family Dishes (Quick Easy):

Chinese dishes can be classified into several kinds such as Peking, Shang Hai and Szechwan. The recipes in this cookbook are taken from the Cantonese style. Cantonese style has a lighter taste and uses less oil compared to other districts. This book shows you everyday dishes to go with wine or rice, one bowl meals over noodles and rice, dim sum that can be served as a snack or meal, and refreshing desserts. Some secret techniques are given to keep the food light and non-oily. Try a single dish or plan a full course meal from appetizers to dessert.