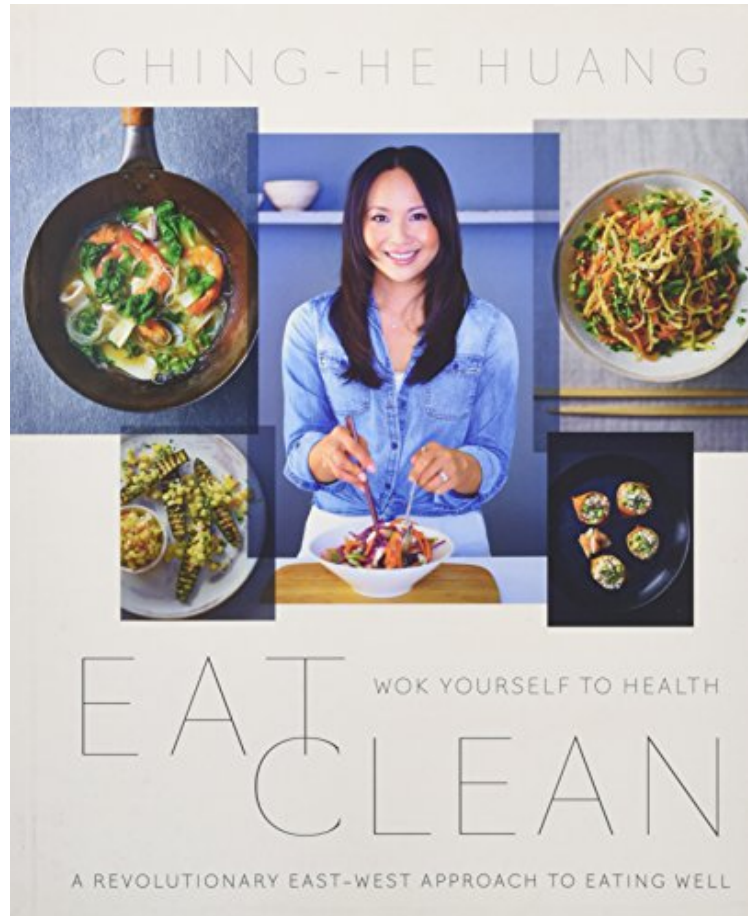


(Ebook free) Eat Clean

Eat Clean

Ching-He Huang

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Ching-He Huang : Eat Clean before purchasing it in order to gage whether or not it would be worth my time, and all praised Eat Clean:

2 of 2 people found the following review helpful. Eat yourself clean helps you clean up your actBy Sharon SherryGreat book. Preface gives you the science and the author's personal journey. Not all recipes will be to your taste but there are plenty to get you on the road to better intestinal and overall health. Then you get a bit excited about whole foods and start to come up with your own adaptation of a recipe. Added to Dr Michael Mosely's fast diet which also advocates whole foods with fasting and I feel like I am on the right track.2 of 2 people found the following review helpful. A great book for your kitchen!By Dave's ThoughtsAn excellent book written by an awesome chef!

A REVOLUTIONARY EAST-WEST APPROACH TO EATING WELLEat Clean and feel great with over 100 nutritious and easy Asian soups, salads and stir-fries for everyday health.

Praise for Chinese Food Made Easy'Packed with delicious, easy-to-make dishes ... Ching-He Huang is the new face of

Chinese cooking.' - Heat magazine'Once you have the top 10 ingredients in your store cupboard that are essential to cooking Chinese food, and a few favourites such as oyster or yellow bean sauce - the rest is easy. All you need is Ching-He Huang's Chinese Food Made Easy ... Ching not only tells you all you need to know about using a wok, she shares her passion for Chinese food and Chinese culture too.' - Oxford Times

About the Author

The hottest Chinese chef of the moment and known to her audience as `Ching', international TV chef and cookery author, Ching-He Huang, is an ambassador for Chinese cooking around the globe. Ching's culinary ethos centres on fresh, ethically sourced ingredients, Chinese heritage and modern flavours - her food is the perfect fusion of tradition and innovation. Ching makes Chinese cooking accessible and healthy, appealing to East and West alike. Eat Clean marks a new direction in Ching's publishing, going back to basics with Chinese and Eastern cuisine to create recipes that are healthy, easy and, of course, delicious. Born in Taiwan but raised in South Africa and London, Ching moved to Britain when she was eleven years old. A self-taught chef, Ching launched her own catering company, Fuge Ltd, straight out of university and her healthy drinks company, Tzu. The large-scale London-based kitchen supplied food to blue chip companies (1999-2009) and it was from here that Ching quickly progressed to a career in TV. By 2005, she was tipped as the UK's hottest new Chinese chef, starring in her first TV series for the UK Food Channel and has since gone on to front 9 popular Food TV shows, earned an Emmy Nomination for best culinary host in the U.S., and numerous awards for her bestselling books.