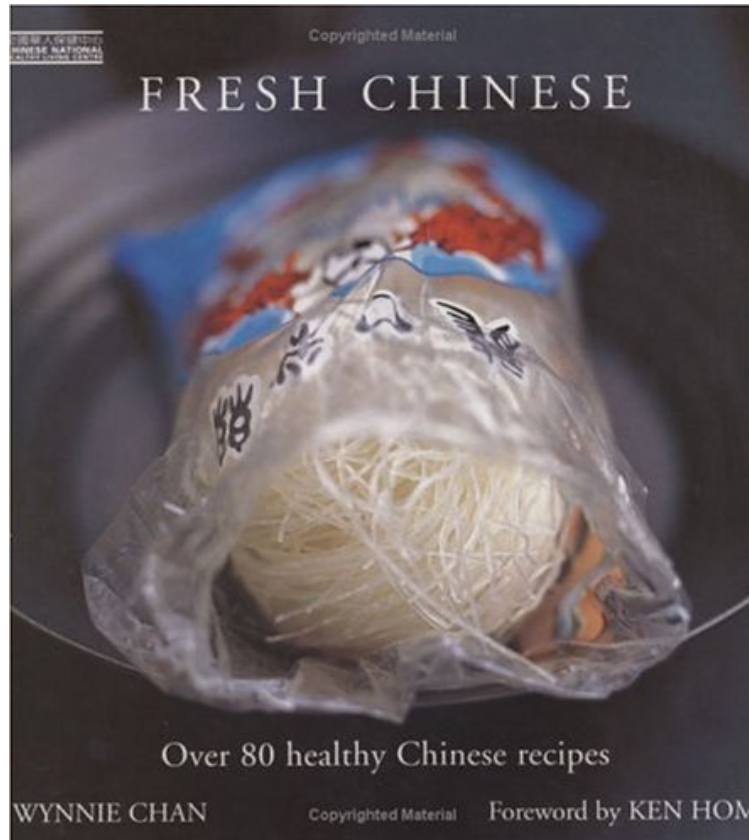


[Read free] Fresh Chinese: Over 80 Healthy Chinese Recipes

## Fresh Chinese: Over 80 Healthy Chinese Recipes

Wynnie Chan

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**Wynnie Chan : Fresh Chinese: Over 80 Healthy Chinese Recipes** before purchasing it in order to gage whether or not it would be worth my time, and all praised Fresh Chinese: Over 80 Healthy Chinese Recipes:

1 of 1 people found the following review helpful. Fresh Chinese Without The Guilt.By William J. DilgardThis is a beautiful Chinese cookbook with exquisite photographs. It solves the dilemma of the 2 Chinese cuisines that we know today: the Chinese takeout and the real healthy Chinese food served in China. This cookbook has recipes for the latter. The cookbook comes out of the Chinese National Healthy Living Centre of Great Britain. I have tried the recipes and especially love the lemon chicken. The recipes use very little oil but have a great deal of flavor. Most of the recipes are simple and very flavorful. It has always been a dilemma for me how to eat Chinese food without the overwhelming fat, msg and sodium. The recipes are as simple as chinese brushwork but as flavorful as a freshly picked strawberry. In a chaotic world, there is beauty and salvation in simplicity. Use organic ingredients and do not stress about what you eat. It tastes so much better than takeout and with none of the guilt. It lists the calories, protein, carbohydrates and sodium so you can even stay on a diet with this food.0 of 0 people found the following review helpful. Provides nutrient analysis per servingBy I Do The Speed LimitAwkward-to-read ingredients lists and instructions are a major drawback in this book. But if you are looking for recipes that give nutrient analysis per serving this book does provide that

information. There are a few nice recipes in this book, but there are way better Chinese cookbooks available. Even as inexpensive as it is, I don't think it is worth the money. 0 of 0 people found the following review helpful. Provides nutrient analysis per serving. Awkward-to-read ingredients lists and instructions are a major drawback in this book. But if you are looking for recipes that give nutrient analysis per serving this book does provide that information. There are a few nice recipes in this book, but there are way better Chinese cookbooks available. Even as inexpensive as it is, I don't think it is worth the money.

6 Foreword - Ken Hom; 8 Introduction; Eating for good health; Cutting down on salt, sugar and fat; Healthy cooking techniques; Essential equipment and ingredients; Menu plan; Basic stocks and sauces; 16 Soups And Starters; including: Hot and Sour Soup; Coconut Broth; Five-spice Pork Ribs; Chilli and Lime Prawns; Won Ton; Pork Dim Sum;

About the Author Wynn timer Chan has been working as a nutritionist for over 15 years. Wynn timer currently works as a freelance nutritionist and is the nutrition consultant for the Chinese Healthy Living Centre running healthy eating and cooking courses for Chinese takeaway/restaurant chefs all over Britain. Ken Hom was born in Arizona where his Cantonese parents lived after emigrating to America in the 1920s. Ken has written over 12 books and appeared in 4 television series. His passion for food is deeply ingrained in Chinese cooking.