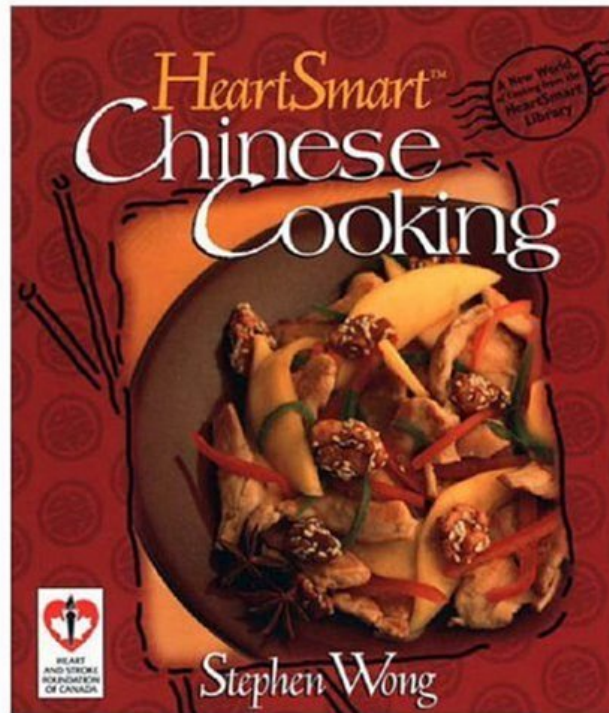


(Free and download) Heart Smart Chinese Cooking

Heart Smart Chinese Cooking

Stephen Wong

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Stephen Wong : Heart Smart Chinese Cooking before purchasing it in order to gage whether or not it would be worth my time, and all praised Heart Smart Chinese Cooking:

0 of 0 people found the following review helpful. I do like the bookBy Pokeberry MaryI do like the book, It doesn't have quite as much as I thought it would but it is a good addition to my new good for you Chinese recipe book.1 of 1 people found the following review helpful. the best Chinese Cook BookBy ilovetogolfGreat recipes, easy to follow, nice pictures. Cooking tips and ingredients readily available. An appreciated gift which will be used often. Highly recommended. Will always check with when ready to make a purchase. The service was first rate.18 of 20 people found the following review helpful. Worth the effortBy A CustomerThis book has two faults, firstly it is not long enough, I would love to see an illustration of each dish (but then it would have to be rather large and expensive. The second fault, it doesn't acknowledge people on a VERY low sodium diet, but this fault is minor (they still work if you omit the salt and use salt reduced soy sauce) as these recipes are the first that I have encountered that are authentic Chinese (Asian), in that, there is attention to detail in the building of flavour, rather than a few dominant flavours thrown into a "Western" style dish. I highly recommend the stock recipes, they, especially the chicken stock, are worth the effort. do not be afraid to substitute vegetables according to availability. I expect these dishes to be become mainstays for my AngloAsian family who have a genetic disposition to high blood pressure. Thankyou Stephen Wong.

Make a significant difference to your health...while treating your tastebuds to fine Chinese cuisine! These Heartsmart

recipes, endorsed by the Heart and Stroke Foundation of Canada, come from the kitchen of a Hong Kong-born chef, restaurant consultant, and writer--and they are scrumptious. You'll discover a whole new world of flavors, textures, and ingredients, one with a rainbow's variety of vegetables, whole grains, and limited amounts of well-seasoned meats. Several rich-tasting (but butter- and oil-free) stocks will help you get the most out of every recipe; they enhance the flavor of any ingredient, take little time, and freeze beautifully for future use. 100 easy-to-follow, lower-fat, lower-sodium dishes include such delicacies as Prawns with Cashews, Singapore Stir-Fried Noodles, Spicy Tangerine Beef, and Stir-Fried Chicken with Mango. Each one has a complete nutritional analysis, and there's a photo guide, fat-cutting secrets, simple new techniques and practical tips for everyday cooking, and information on substitutes for Chinese ingredients.

About the Author Vancouver, BC