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# Lily Loh's Chinese Seafood and Vegetables

Lily Loh

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#6899014 in Books Solana Pub Co 1991-10Original language:EnglishPDF # 1 11.25 x 8.75 x 1.001, #File Name: 0963029908221 pagesLily Lohcookbookchinesevegetables | File size: 70.Mb

**Lily Loh : Lily Loh's Chinese Seafood and Vegetables** before purchasing it in order to gage whether or not it would be worth my time, and all praised Lily Loh's Chinese Seafood and Vegetables:

1 of 1 people found the following review helpful. Delicious, Healthy, Quick!By shortyblonde292This book has helped me not only expand my culinary experiences, it has also helped me to learn more about cooking (utensils, ways of slicing/dicing/pairing foods/etc) in general. The book I ordered was signed by Lily Loh herself and there were several extra recipes that were stuck into the front cover as a gift too! I loved that personal touch so much. The cover is laminated which is perfect in case you decide to take it in the kitchen with you and accidentally spill something on it. I wish I could get reruns of her cooking show on the network in my city.

This cookbook is written to instruct readers how to plan a delicious and healthy menu. It offers a clear and concise approach to Chinese cooking. The book is written with a how-to and step-by-step approach. It is illustrated with beautiful color pictures, numerous clear drawings, charts, wise sayings from China, and Chinese characters to enhance the reader's enjoyment of the cookbook and understanding of Chinese cooking techniques.

I heartily recommend this cookbook to healthy-conscious Americans and Chinese cooking enthusiasts everywhere. -- Helen Tsou, registered dietitianLily has many wonderful and delicious recipes for using vegetables and seafood. She has included everything you need to know. -- Martin Yan, host of Yan Can Cook ShowFrom the PublisherThis

cookbook is unique in that it is specialized in savory seafood and vegetable dishes which provide good nutrition and health. All who wish to feast and yet stay slim and healthy will welcome Lily Loh's precise, easy to follow directions and recipes. From the Author The Chinese diet has always been considered healthier and less fattening than the Western diet. The recipes in this book have been selected to please both the beginner and the advanced cook. They are categorized into three difficulty levels. There are many quick and easy recipes as well as elaborate ones. Even though the dishes are all authentically Chinese, they can be prepared easily in an average Western kitchen.