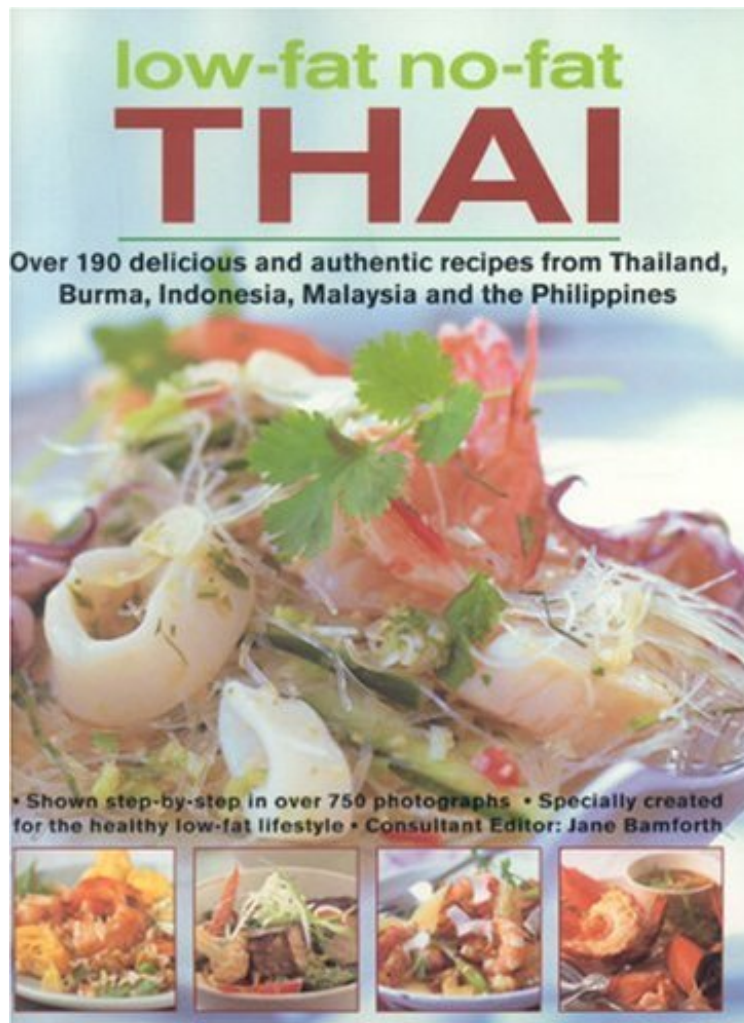


Low-Fat No-Fat Thai

Anne Sheasby

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Anne Sheasby : Low-Fat No-Fat Thai before purchasing it in order to gage whether or not it would be worth my time, and all praised Low-Fat No-Fat Thai:

Over 150 delicious and authentic recipes from Thailand, Burma, Indonesia, Malaysia and the Philippines - shown step-by-step in over 500 photographs - specially created for the healthy low-fat lifestyle

About the AuthorJane Bamforth, consulting editor, trained as a home economist and then as a journalist. She has worked as a sub-editor for Good Housekeeping, BBC Good Food and Woman and Home, and as a deputy chief sub-

editor on Prima and chief sub-editor on Essentials. Jane now works as a food consultant for Waitrose. She is also a freelance writer and editor and has worked on an extensive range of cookbooks, including titles by TV chefs Gary Rhodes and James Martin, and on subjects ranging from organic and world cooking, to baby food and healthy eating for pregnancy. In this volume she has brought together a definitive collection of low-fat Thai recipes from an expert team of cooks.