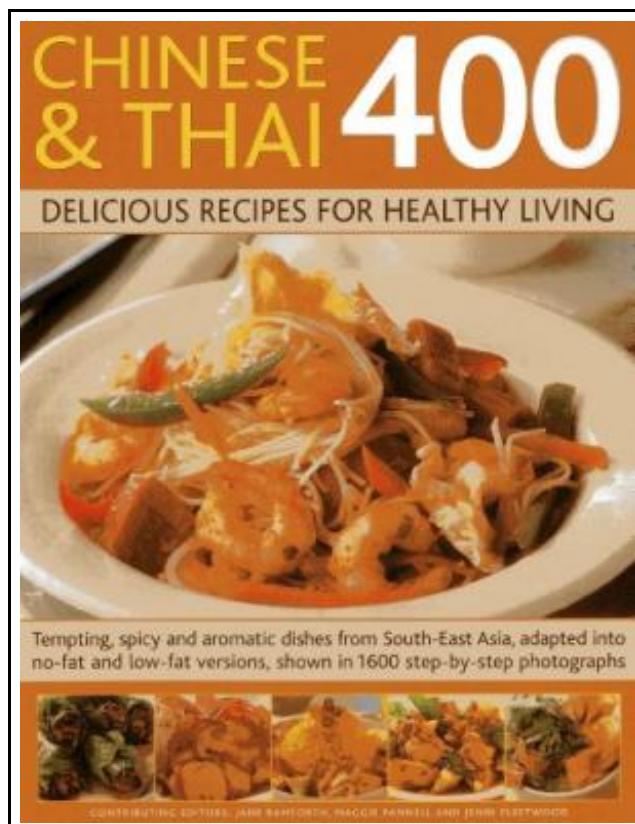


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Hermes House. Paperback. Book Condition: new. BRAND NEW, 400 Chinese & Thai Delicious Recipes for Healthy Living: Tempting, Spicy and Aromatic Dishes from Sout-East Asia, Adapted into No-fat and Low-fat Versions, Shown in 1600 Step-by-step Photographs, Jane Bamforth, Maggie Pannell, Jenni Fleetwood, This book features tempting, spicy and aromatic dishes from South-East Asia, adapted into no-fat and low-fat versions, shown in 1600 step-by-step photographs. It is a collection of Thai, Chinese and Asian recipes, naturally low in fat or reworked into a healthy version. It includes dishes such as Chicken with Cashew Nuts, Duck with Plum Sauce, and Sweet and Sour Pork. Nutritional analysis of every recipe provides full data on calorie count, fat, cholesterol and carbohydrate. The cuisines of Thailand, China and the rest of Asia are the most popular in the world, and can also be included among the healthiest culinary traditions, featuring simple, fresh ingredients, aromatic herbs and spices, and quick cooking techniques that preserve taste and nutrients. This book combines classic recipes that are fat-free by nature, with low-fat, no-fat versions of popular dishes. The resulting collection shows how easy it can be to enjoy all the delicious authentic tastes, textures and aromas of these cuisines while maintaining a low in fat healthy eating plan. For lovers of tasty low-fat food, this book is the ultimate source of recipe ideas.

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