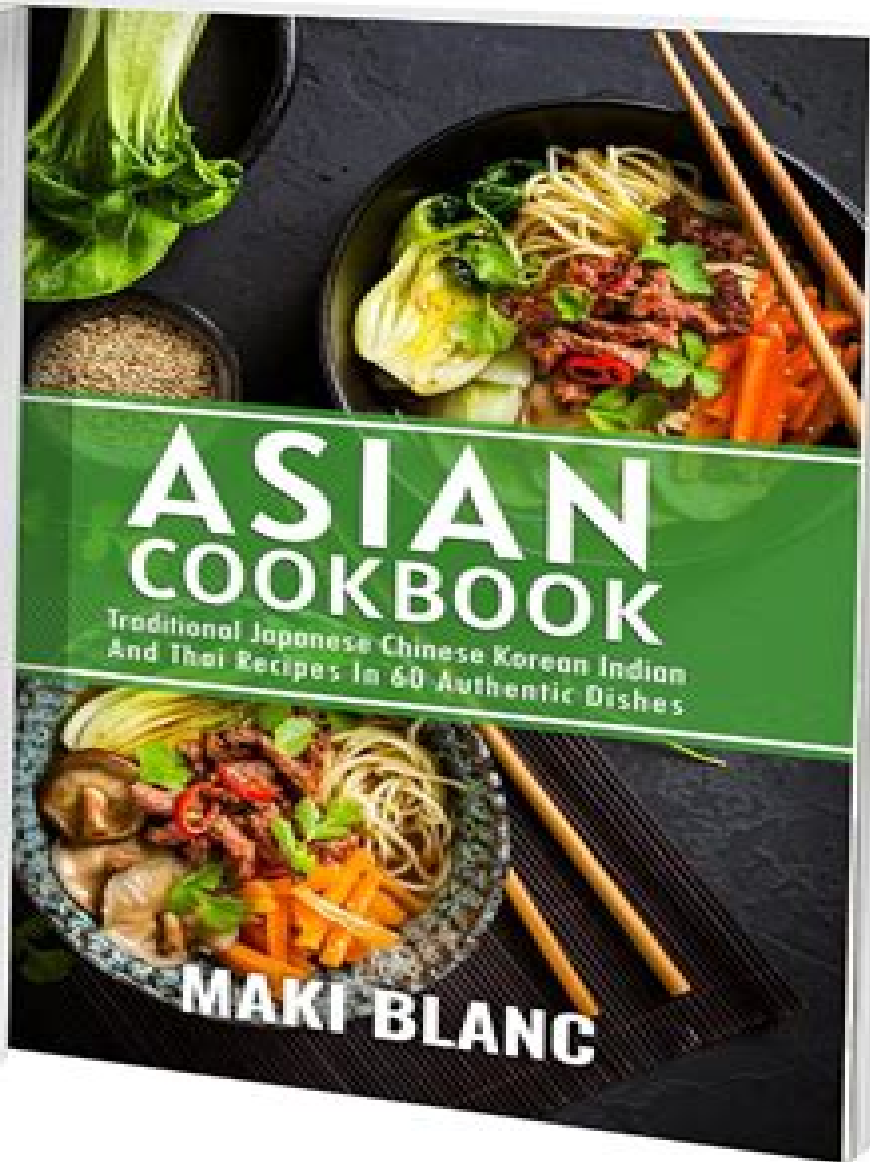


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Low Fat Asian Cookbook

Ying Chang Compestine



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readers worldwide and garnering a dedicated following around the globe The recipes from China are now available in this single volume Join Charmaine Solomon on a journey through the familiar flavours of Cantonese cuisine to the mouth numbing spice of Sichuan food From wontons and chow mein to Peking duck and heavenly braised vegetables these diverse dishes will delight and inspire a new generation of cooks Also in the series The Complete Asian Cookbook India Pakistan The Complete Asian Cookbook Thailand Vietnam Cambodia Laos Burma The Complete Asian Cookbook Indonesia Malaysia Singapore The Complete Asian Cookbook Japan Korea The Complete Asian Cookbook Sri Lanka The Philippines

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