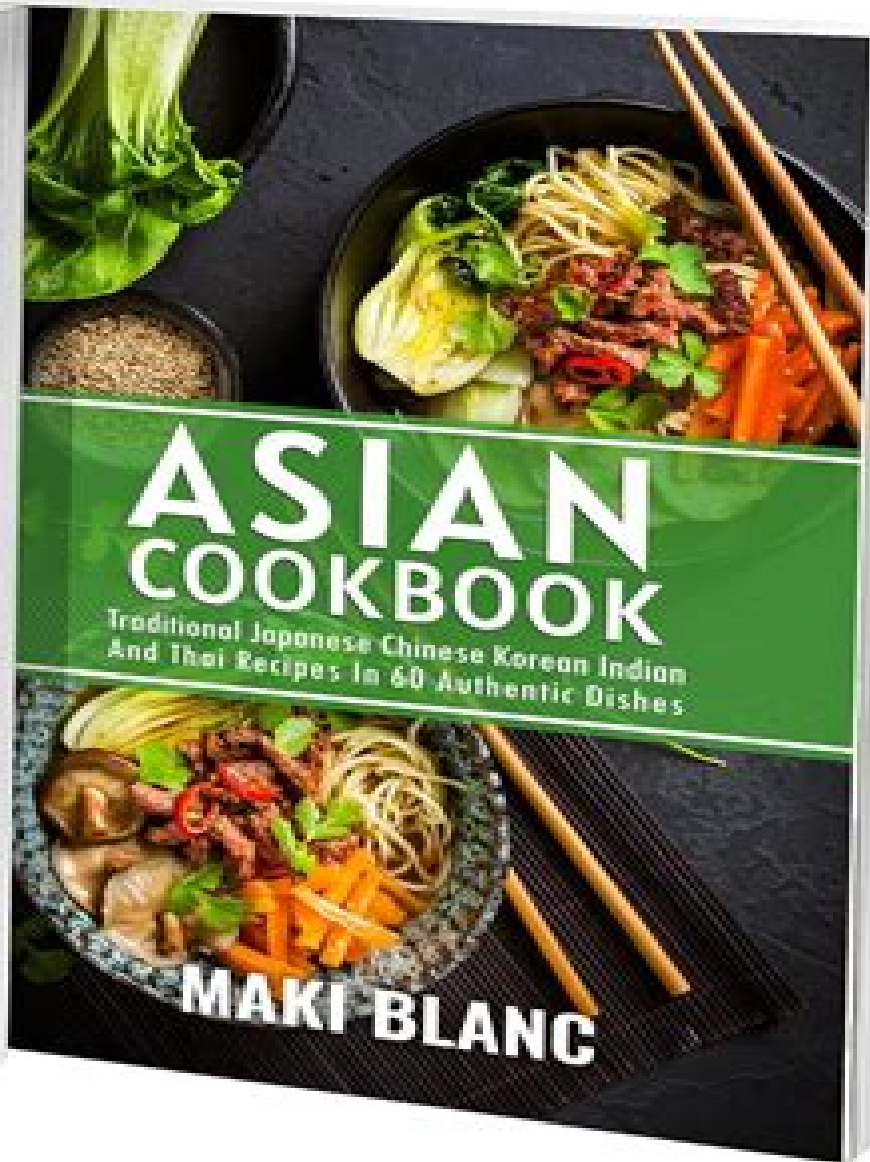


ASIAN cookbook

Traditional Thai Chinese Japanese Korean
And Indian Recipes In **60 Authentic Dishes**

ADELE TYLER



Low Fat Asian Cookbook

G Psacharopoulos



Low Fat Asian Cookbook:

Low-fat Low-cholesterol Chinese Cookbook Maggie Pannell, Jenni Fleetwood, 2014 Enjoy all the tastes of authentic Chinese and Far East Asian cooking while maintaining a healthy low fat eating plan more than 850 step by step photographs ensure the recipes are easy to follow [Low Fat Asian Cookbook](#) C. Soloman, 1999-07-01 **Low-fat No-fat Thai & South-East Asian Cookbook** Jane Bamforth, 2009 **The Low Fat Asian Book** Charmaine Solomon, 1998 [Low Fat No Fat Asian Cooking](#) Reader's Digest Australia Staff, 2011 If you want to lose weight improve your health or just eat delicious food and feel more energetic then this book is for you Nutritionists and health professionals the world over endorse low fat cooking as a key to good health and weight loss As well as explaining the benefits and techniques of low fat Asian cooking this book includes recipes a glossary of ingredients and lots of cooking tips and hints to help you on your way **The Healthy Chinese Cookbook** Jenni Fleetwood, Maggie Pannell, 2007 Chinese cooking is based on fresh nutritious ingredients combined with punchy flavors and fast cooking methods This makes it the ideal cuisine for a low fat diet plan and this book is packed with ideas that will make your mouth water A comprehensive introduction provides guidelines for healthy eating with advice on planning a low fat diet fat free cooking methods and maintaining a healthy eating lifestyle A directory then provides information about the preparation usage and storage requirements of the main ingredients used in Chinese cooking More than 100 recipes put these principles into practice with each dish rated for its fat content using a three tier star system designed to provide an at a glance reference for meal planning and recipe choice The specially adapted dishes range from traditional favorites such as Cantonese style Egg Foo Yung to dishes with a dash of daring such as Clay Pot of Chili Squid All the recipes are shown in step by step photographic sequences for easy cooking With over 500 pictures information about materials techniques and ingredients and a collection of specially developed and tested recipes this is the ultimate book for all lovers of Chinese food who want to indulge their passion while eating sensibly Dust jacket **Low-Fat No-Fat Thai and South-East Asian Cookbook** Jane Bamforth, 2014-05-28 This title features over 150 low fat recipes from Thailand Burma Indonesia Malaysia and the Philippines with over 750 step by step photographs It is a fabulous collection of 150 Thai and South east Asian recipes each naturally low in fat or in specially created healthy versions **Low-Fat, No-Fat Asian Cooking** Editors of Reader's Digest, 2012-02-16 Asian cooking is synonymous with healthy food and for good reason common ingredients range from protein rich soy to digestion aiding lemongrass and ginger to fresh vegetable and fruits such as bok choy Chinese cabbage and papaya Asians don't skimp on the gifts of the field stream and sea either red meat poultry and fish are fundamental to some of the most vibrant and distinctive dishes such as Asian Chili Crabmeat Soup Chicken Lemongrass Skewers Malaysian Prawns and Pineapple Thai Beef with Papaya and Rice Chinese Slow Cooked Pork Sesame Sausage with Vegetables Pork Dumplings with Spicy Peanut Salad These and other diverse recipes are each accompanied by a full color photograph and organized into five chapters Fish and Shellfish Appetizers and Snacks Noodles and Rice Poultry and Beef

Pork and Lamb Lessen the fat in your meals and fill your table with tempting and satisfying dishes with this collection of recipes you'll treasure even as you improve your health *Low Fat No Fat Asian Cooking*, 2011 If you want to lose weight improve your health or just eat delicious food and feel more energetic then this book is for you Nutritionists and health professionals the world over endorse low fat cooking as a key to good health and weight loss **Low-Fat No-Fat Thai Cooking** Jane Bamforth, 2009 Over 190 delicious and authentic recipes from Thailand Burma Indonesia Malaysia and the Philippines shown step by step in over 750 photographs specially created for the healthy low fat lifestyle *The Guilt Free Gourmet Cookbook Volume 5* Daniel Hallak, 2021-07-08 Finally a healthy Asian cookbook that utilizes ingredient swaps and substitutions to drastically reduce the calories of your favorite dishes In this my 5th cookbook I wanted to go international and step out of my culinary comfort zone Inside you'll find my own healthy spin on traditional Asian recipes from a wide range of regions I include dishes from Cambodia China Japan Korea Taiwan Thailand and Vietnam Everything from Korean gochujang chicken Thai sweet chili shrimp Chinese shumai dumplings Vietnamese bahn mi sandwiches and Japanese torikatsu with low calorie katsu sauce This book has easy to follow recipes with nearly 600 full color photos showing step by step instructions I also include multiple pages to explain and introduce you to exotic ingredients you may not be familiar with yet If you'd like to eat delicious healthy lower calorie Asian food while still being able to stay on plan this is the cookbook for you As a bonus I include nutritional macros for every recipe within this book along with the sodium in 1 serving of each dish As well as my own calculated Points for each recipe for people who are members of weight watchers **Low-Fat No-Fat Chinese Cooking** Maggie Pannell, Jenni Fleetwood, 2006 Expert advice on healthy eating with guidelines for cutting down on fat information on fat content and on fat free cooking techniques **Good for Your Health All Asian Cookbook (P)** Marie Wilson, 2012-08-07 The warning has been sounded loud and clear reduce your intake of red meats salt eggs butter and cream or run the risk of high blood pressure heart problems and cancer But does this mean that all your favorite foods must be forsaken or that bland is better Not at all Fortunately Asian cuisines offer a wonderful selection of delicious colorful and easy to prepare dishes that actually help to promote better health The Good for Your Health All Asian Cookbook presents over 220 exciting Asian dishes from eleven Asian countries from Japan to Pakistan that are low in fat and cholesterol low in salt and low in calories Very little oil or fat is used in the recipes and salt and MSG have been wholly eliminated Instead generous use is made of Asia's miracles of flavor and aroma garlic and fresh ginger root to maintain full bodied richness spices and herbs to add zest rice wines lemon juice and vinegar to provide the sultry pungency of sweet and sour dishes and peppers and chilies for those who like a little more heat in their lives *Low-fat Living Cookbook* Leslie L. Cooper, 1998 Anyone can lose weight safely with these simple eating strategies and delicious recipes guaranteed to burn fat and increase energy

Low-Fat Top Secret Recipes Todd Wilbur, 2000-06-01 1 bestselling Top Secret Recipes series with more than 4 million books sold Todd Wilbur the irrepressible restaurant recipe knockoff artist is back Thanks to Wilbur's latest Top Secret

mission to re create some of America s most popular food products without the fat readers can now feast guilt free on their favorite snacks The easy to follow recipes along with Wilbur s patented blueprint illustrations are guaranteed to produce healthier homemade treats that taste identical to the real thing like Nabisco Reduced Fat Oreo Cookies or Entenmann s Light Low Fat Cinnamon Rolls Wilbur also tackles some familiar restaurant delights including Bennigan s Buffalo Chicken Sandwich McDonald s Arch Deluxe and Egg McMuffin and Wendy s Chicken Caesar Fresh Stuffed Pita concocting them all at a fraction of the calories and at a fraction of the cost Once again the intrepid Todd Wilbur goes where no food writer has gone before and proves that when it comes to providing recipes for food that diners really want to eat he is the peoples choice

Secrets of Fat-Free Chinese Cooking Ying Chang Compestine,1996-11-30 Gathers recipes using little or no fat without compromising flavor including crabmeat dumplings Kung Po beef spring rolls and fortune cookies

The Complete Idiot's Guide to Asian Cooking Annie Wong,Jeffrey Yarbrough,2002-10 Using Thai Vietnamese Korean Japanese and Chinese dishes spices rice noodles and techniques you too can create an Asian feast This book includes techniques and tools tips for shopping in an Asian market and more than 150 salads main dishes and desserts

Low-fat No-fat Thai & South-East Asian Cookbook Jane Bamforth,2006

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The Complete Asian Cookbook: China Charmaine Solomon,2014-02-01 Since its release in 1976 Charmaine Solomon s *The Complete Asian Cookbook* has become a culinary classic introducing Asian cooking to more than a million 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*

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