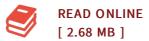# Low-fat low-cholesterol Chinese cookbook: 200 Delicious Chinese & far East Asian recipes for health, great taste, long life & fitness

By Maggie Pannell, Jenni Fleetwood

Hermes House. Paperback. Book Condition: new. BRAND NEW, Low-fat low-cholesterol Chinese cookbook: 200 Delicious Chinese & far East Asian recipes for health, great taste, long life & fitness, Maggie Pannell, Jenni Fleetwood, These are enticingly authentic Chinese and Far East Asian recipes, naturally low in fat or reworked as a healthy version. It offers a wealth of recipes from all over the region, ranging from soups and appetizers to snacks, noodles, rice and desserts, and including chicken with cashew nuts, duck with plum sauce, and sweet and sour pork. It includes guidelines for cutting down on fat and the fat content of different foods, and tips for fat-free cooking, plus nutritional notes showing the level of fat per portion. You can find out how to enjoy all the taste of authentic Chinese and Far East Asian cooking while maintaining a sensible, healthy, low-fat eating plan. The accessible introduction has information about ingredients and equipment, as well as the secrets of low-fat cooking techniques and many healthy alternatives to everyday foods that are high in fat. The recipe section has over 200 fabulous ideas for every occasion. You can enjoy low-fat versions of classic duck and ginger chop suey, yakitori chicken...

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