

Cooking Authentic Chinese: A Cookbook for Chinese Food Lovers (Paperback)



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Reviews

Certainly, this is the very best work by any writer. It is loaded with knowledge and wisdom I am just quickly will get a satisfaction of reading through a created publication.
(Donavon Okuneva)

COOKING AUTHENTIC CHINESE: A COOKBOOK FOR CHINESE FOOD LOVERS (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.When we think of Chinese cooking, we usually think of exotic dishes that we enjoy in restaurants or as take out. This Chinese Cookbook will show you how to prepare your favorite Chinese dishes at home easily and quickly. Genuine Chinese cooking is very healthy, consisting of healthy oils such as sesame seed and peanut oil. Spices such as garlic and ginger have tremendous health benefits. People in China are known for their longevity for a reason. Most recipes consist of fresh vegetables with a small amount of meat cooked in a delectable sauce. It doesn't get any better or healthier. The recipes are very easy to prepare and simply delicious for the entire family. Enjoy the authentic regional recipes in this Chinese Cookbook. From spicy to mild, this cookbook has recipes for everyone. Once you start preparing your own favorite Chinese dishes, you'll never settle for a restaurant meal or take-out again.



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