



Secrets of Chinese Nutrition: 168 Traditional Delicious Health-Giving Recipes (Paperback)

By Siong Mui Ng

Landmark Books Pte.Ltd ,Singapore, Singapore, 2014. Paperback. Condition: New. Language: N/A. Brand New Book. This is the much-awaited revised edition - complete with a fresh design and more enticing food photography - of a book that has found a place in the canon of Singapore cookbooks. Its clear and easy-to-follow recipes produce delicious and fortifying Chinese food based on principles that date back 4,000 years. It shares how the basic techniques of stir-frying, steaming, simmering, double-boiling and stewing coaxes the best from choice and humble ingredients to produce nutritional dishes suitable for every-day meals and banquets. The key of this book is the Chinese belief that food is eaten not just to fuel the body, please the palate and satisfy the soul, but also eaten to promote good health. It is therefore a practical guide to eating nutritional food and maintaining good health the Chinese way.



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