



Low-Fat No-Fat Thai & South-East Asian Cookbook

By Jane Bamforth

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Low-Fat No-Fat Thai & South-East Asian Cookbook, Jane Bamforth, 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. All the traditional recipes are included such as Green Prawn Curry, Thai Spring Rolls and Cashew Chicken - all carefully adapted to reduce the fat without taking away any of the taste. It includes a comprehensive guide to the authentic ingredients and culinary techniques of Thailand and South-east Asia, and how to adapt them in the modern low-fat kitchen. Traditional food from this region makes great use of coconut cream, peanuts, pork and beef - all ingredients not really suitable for a fat-free lifestyle. Now, thanks to the adapted low-fat versions of these delicious classics, specially developed for this book, mouthwatering recipes such as Chicken Satay with Peanut Sauce, Special Chow Mein and Fried Rice with Beef have been reclaimed for the healthy eater. Here you will exotic and appetizing recipes for every occasion, including starters, soups, salads, poultry and...



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