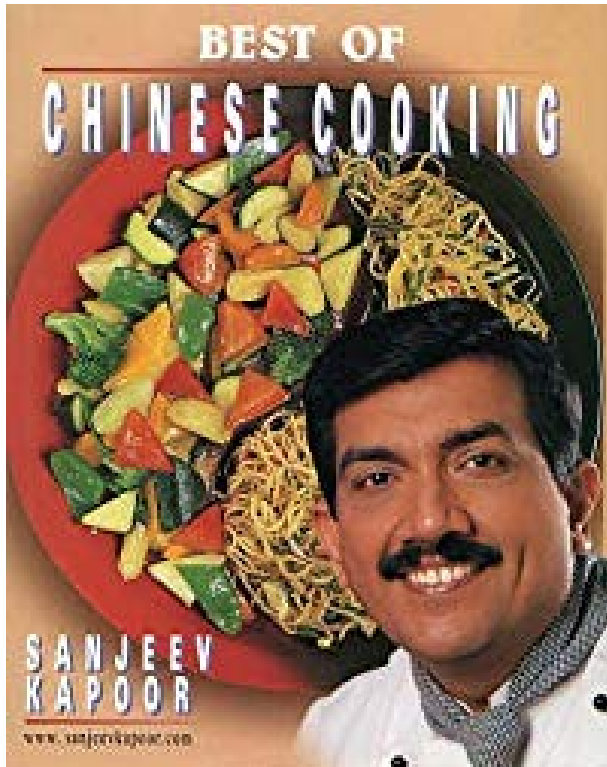


Best of Chinese Cooking



Author:	Sanjeev Kapoor
ISBN10:	817154911X
Goodreads Rating:	3.79
Published:	March 31st 2003 by Popular Books
Genre:	Food and Drink
ISBN13:	9788171549115
Language	English
Pages:	145

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There is more to Chinese cookery than woks and stir-fries and when it catches the attention of a Master Chef, wonderful things start happening to mundane ingredients like rice, noodles and vegetables. The subtle combinations of aromatic flavourings and spices find pride of place in "Best of Chinese Cooking". It is a fairy tale of success. Sanjeev Kapoor's Books published till now have been runaway successes and the present title is the best guide to creating authentic Chinese dishes in your kitchen. The wide-ranging collection of soups, starters, chicken, lamb, rice, noodles and vegetables emphasise healthy cooking techniques and attractive presentation. As sauces are the basis of most recipes, not to forget the special addition of Chinese desserts with a difference. Modern lifestyle with its resultant dietary demands can only incorporate food that looks good, tastes good and is good for health. With the increasing demand for different cuisines to please the present palate, the best Chinese delights are here for you. So explore and enjoy one of the world's oldest and certainly most original cuisines prepared in your kitchens and do your body and your taste buds a favour.