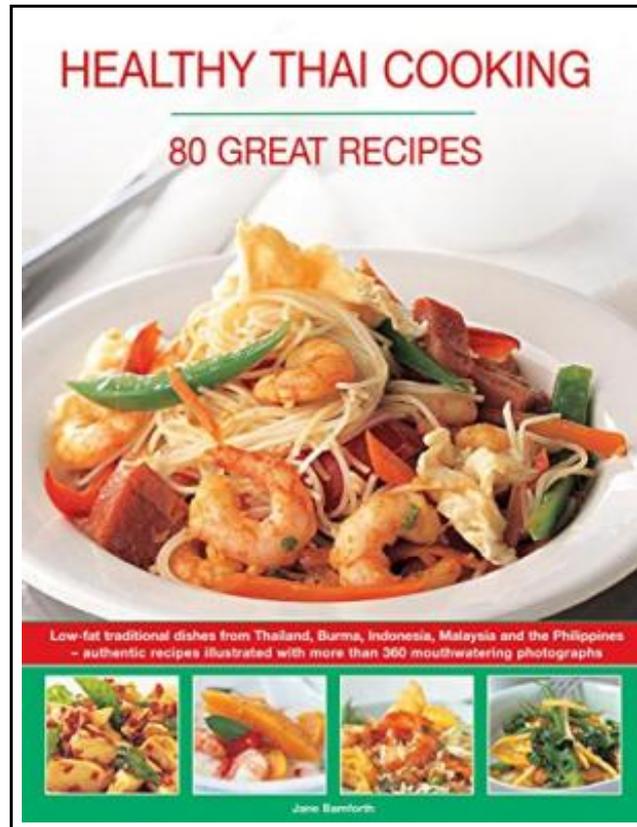


Healthy Thai Cooking: 80 Great Recipes: Low-Fat Traditional Recipes from Thailand, Burma, Indonesia, Malaysia and the Philippines - Authentic Recipes Shown in Over 360 Mouthwatering Photographs



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Reviews

This book is fantastic. This is certainly for all those who stante there had not been a really worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Prof. Dale Fahey MD)

HEALTHY THAI COOKING: 80 GREAT RECIPES: LOW-FAT TRADITIONAL RECIPES FROM THAILAND, BURMA, INDONESIA, MALAYSIA AND THE PHILIPPINES - AUTHENTIC RECIPES SHOWN IN OVER 360 MOUTHWATERING PHOTOGRAPHS



Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Healthy Thai Cooking: 80 Great Recipes: Low-Fat Traditional Recipes from Thailand, Burma, Indonesia, Malaysia and the Philippines - Authentic Recipes Shown in Over 360 Mouthwatering Photographs, Jane Bamforth, Although Thai cooking can be high in fats, this cookbook makes clever use of traditional ingredients - coconut cream, peanuts, pork and beef - to retain all of the authentic taste but little of the fat. Here are low-fat versions of best-loved dishes such as Cellophane Noodle Soup, Thai Spring Rolls, and Chicken Satay with Peanut Sauce. These are matched by innovative contemporary dishes such as Pork on Lemon Grass Sticks, Marinated Duck Curry, and Fish in Coconut Custard. All the recipes are easy to follow and are illustrated throughout with sumptuous photography. Nutritional analysis for each recipe gives reassurance that these exotic recipes can be enjoyed as part of any healthy lifestyle.

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