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The Complete
ASIAN
HEALTH & DIET
Cookbook

MARY TREVELYAN HODDER



The Complete Asian Health And Diet Cookbook

Rosalind Creasy



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Singapore periodicals index, 1989 **Vegetarian Times**, 1998-10 **Food Culture in China** Jacqueline Newman, 2004-08-30

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The Asian Grandmothers Cookbook Patricia Tanumihardja, 2010-06-01

Asian grandmothers whether of Chinese Japanese Indonesian Vietnamese or Indian descent are the keepers of the cultural and culinary flame. Their mastery of delicious home cooked dishes and comfort food makes them the ideal source for this cookbook. Author Pat Tanumihardja has assembled 130 tantalizing dishes from real Chinese fried rice to the classic Filipino Chicken Adobo to the ultimate Japanese comfort dish Oyako donburi. This is hearty food brightly flavored equally good to look at and eat. Flavors range from soy and ginger to hot chiles fragrant curries and tart vinegars. The author has translated all of the recipes to work in modern home kitchens. Many of them have been handed down from mother to daughter for generations without written recipes and some appear in tested and written form for the first time. An exhaustive Asian Pantry glossary explains the ingredients from the many kinds of rice and curries to unfamiliar but flavorful vegetables.

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