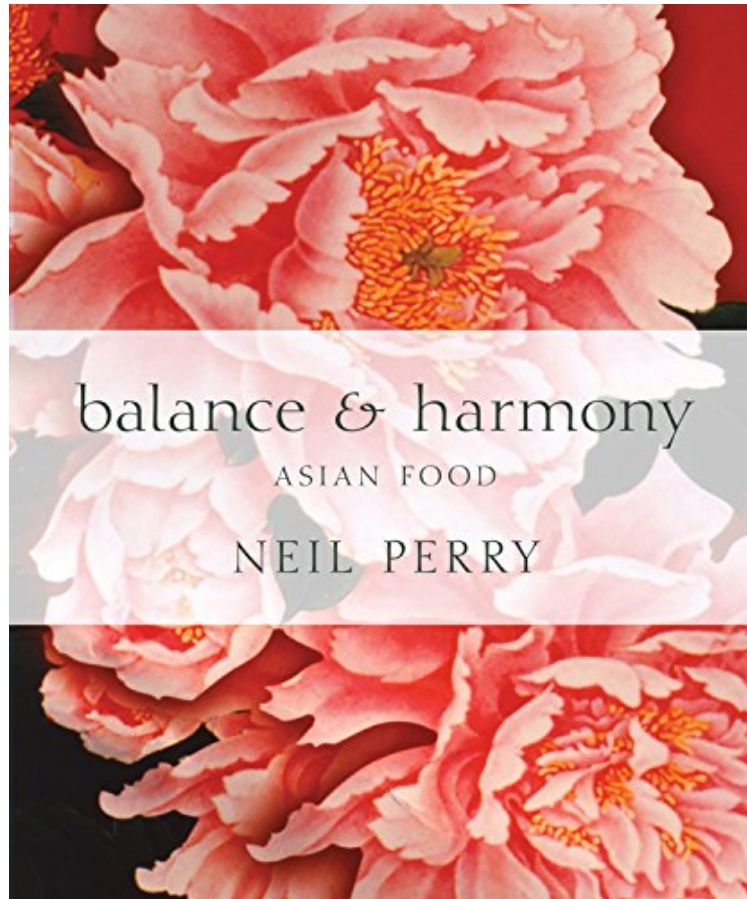


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Balance Harmony: Asian Food

Neil Perry

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Neil Perry : Balance Harmony: Asian Food before purchasing it in order to gage whether or not it would be worth my time, and all praised Balance Harmony: Asian Food:

1 of 1 people found the following review helpful. Tasty - ignore the poorly chosen pictures.By R. S.Pretty good cookbook although I find the illustrations in the book creepy. I really don't need to view scantily clad women while cooking. Could be a bit more tastefully done. I will say I have liked all the recipes I have tried and will be making more.0 of 0 people found the following review helpful. Five StarsBy Customerabsolutely beautiful Chinese cook book, love it so much

In Balance and Harmony, Neil Perry revels in his love for Asian cooking: the great flavours, the contrasts in tastes and textures, and the way that just about anything can be cooked with a wok and a bamboo steamer. The book is set out in the style of a cooking school by the Rockpool masterchef, progressing from the easiest steamed, stir-fried, braised and deep-fried dishes, to more challenging and intricate plates as the reader gains confidence and knowledge. Ultimately, Asian food celebrates the ethos of the shared table, and that is the theme of Balance and Harmony - the book is

beautifully punctuated by a series of banquet ideas, ranging from the simplest to the most gloriously memorable.