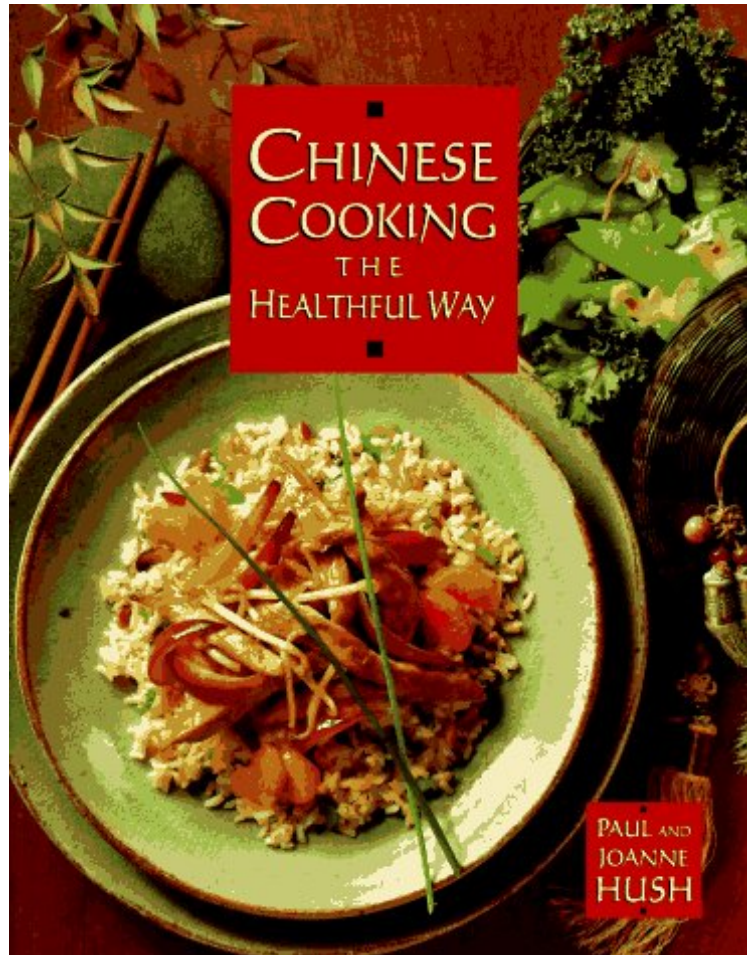


[Download] Chinese Cooking the Healthful Way

Chinese Cooking the Healthful Way

Joanne Hush

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Joanne Hush : Chinese Cooking the Healthful Way before purchasing it in order to gage whether or not it would be worth my time, and all praised Chinese Cooking the Healthful Way:

In this inspiring book, Paul and Joanne Hush illustrate the ease of cooking Chinese food low in fat and sodium. Chinese cuisine uses more fresh vegetables and less meat than many other cuisines, and its primary cooking methods—stir-frying and steaming—are great ways to prepare foods without sacrificing valuable nutrients. Now, using the authors' imaginative recipes and contemporary techniques, you can cook wonderfully healthful and delicious Chinese food. Chinese Cooking the Healthful Way builds on the principles of Chinese cooking we all know and love, creating an amazing array of taste sensations—sweet and sour sauces and marinades, fiery stir-frys, easy yet exotic seasoning, succulent fresh ingredients. Bursting with the herbs and spices that give Chinese food its unique savory appeal, here are traditional favorites as well as innovative new twists, including:

- Peking Pork with Broccoli

and Mushrooms • Hot Pepper Soup • Spicy Szechuan Eggplant • Five-Spice Tuna Steak • Orange-Minted Fried Rice

From basic meals to sumptuous special menus, from dim sum to dessert, these recipes feature easy, step-by-step instructions, plus calorie, fat, cholesterol, and sodium counts. Go ahead and indulge—with *Chinese Cooking the Healthful Way*, Chinese food is good for you!

About the Authors Paul and Joanne Hush are restaurateurs, caterers, and food lovers who also operated a cooking school in Connecticut, where chefs such as Marcella Hazan, Dianna Kennedy, and Martha Stewart shared their expertise. Joanne Hush studied Chinese cuisine at The China Institute in New York and is the author of *The Chinese Menu Cookbook* and *Classic Chinese Cooking for the Vegetarian Gourmet*.