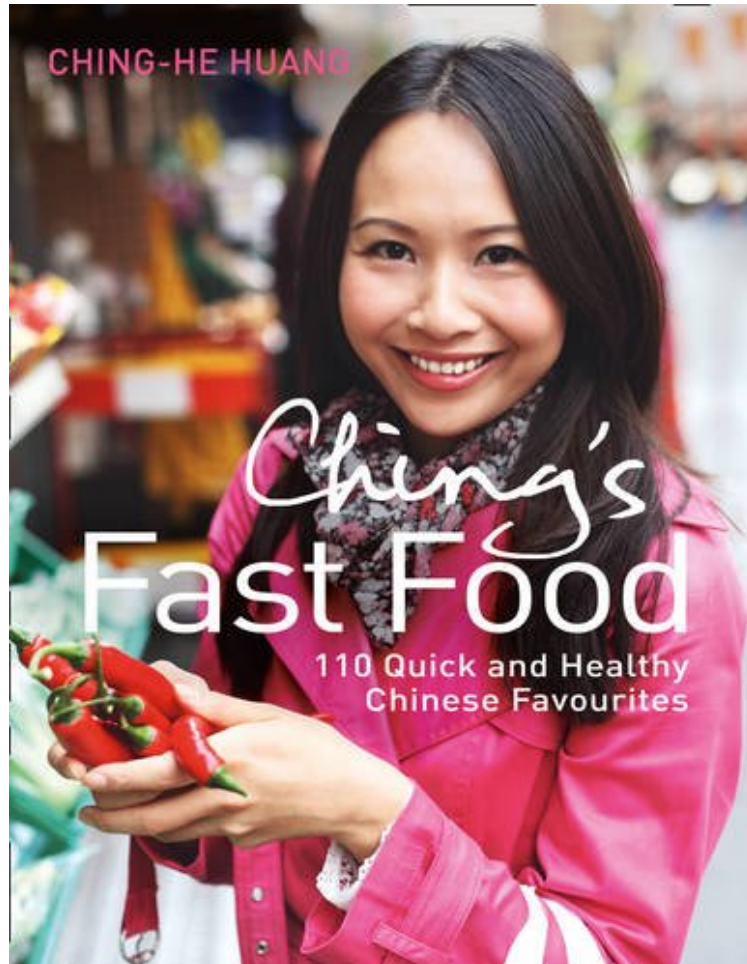


(Download) Ching's Fast Food: 108 Quick and Healthy Chinese Favourites

## Ching's Fast Food: 108 Quick and Healthy Chinese Favourites

*Ching-He Huang*

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**Ching-He Huang : Ching's Fast Food: 108 Quick and Healthy Chinese Favourites** before purchasing it in order to gage whether or not it would be worth my time, and all praised Ching's Fast Food: 108 Quick and Healthy Chinese Favourites:

5 of 5 people found the following review helpful. Ching's the best! By Janine Oelrich It's true..... Since I saw Ching's TV show (broadcasted through a Dutch TV channel) I'm a big fan of her. With this book you can cook the most amazingly easy dishes. Now I know how to make different kind of dim-sum's, and the soups are very tasty. And... very fresh products and not long in the kitchen. Just arrange your 'mise-en-place' before you start to actually cook. I bought the book as Kindle version. Kindle is perfect for reading but a cookbook for me is still a BOOK, with pages, colour photo's, handwritten notes and stains from using it in the kitchen. So have to get another copy. Have a look at Chings website, where you can find many more ideas and video's. Bon appetit! 1 of 1 people found the following review helpful. Hard to read By Jeffrey Dalton I like Ching's approach to food, but the type is so light that it is very difficult to

read. What's the point?

With her trademark passion, TV chef Ching-He Huang brings a new and exciting dimension to Chinese cooking. Confidently fusing Chinese and Western cultures in over 100 quick and easy dishes bursting with flavour, Ching's fresh and healthy take on the Chinese takeaway has revolutionised Chinese cuisine.

'Packed with delicious, easy-to-make dishes ... Ching-He Huang is the new face of Chinese cooking.' Heat magazine [five star review on 19/7/08] 'Once you have the top 10 ingredients in your store cupboard that are essential to cooking Chinese food, and a few favourites such as oyster or yellow bean sauce - the rest is easy. All you need is Ching-He Huang's Chinese Food Made Easy ... Ching not only tells you all you need to know about using a wok, she shares her passion for Chinese food and Chinese culture too.' Oxford Times About the Author Ching-He Huang is the new face of Chinese cooking on British TV and the star of BBC2's popular series 'Chinese Food Made Easy'. Born in Taiwan and brought up in South Africa, she moved to Britain when she was 11. Ching has always been passionate about food, so after graduating with a first class degree in economics, she set up Fuge, a fresh salad company and her healthy drinks company, Tzu. Ching is the author of two cookbooks, Chinese Food Made Easy and China Modern. Chinese Food Made Easy was the fifth bestselling cookbook of 2008. Ching also appears regularly on Saturday Kitchen and Daily Cooks.