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Asian Recipes: 20 of the Most Popular Asian Dishes That Are Healthy and Delicious and Can Be Made in Your Home Kitchen

By Heather Hope

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Asian Recipes The Essential Kitchen Series, Book 63 20 Popular Asian Dishes that are Healthy, Delicious, and Easily Prepared at Home The cooking secrets of the orient are unearthed in the pages of this remarkable collection of Asian Recipes. Each recipe embraces lean cuts of meat, fish, seafood and poultry, as well as whole grains. Today, our bodies are bombarded with high-calorie, processed foods that lose their flavor on the way to your table. Eliminate that by cooking natural ingredients that are blended and seasoned to perfection as described in Asian Recipes. Eat for Life and Expand Your Culinary Horizons We've rounded up on the very best, most delicious Asian recipes from the hundreds we had to choose from, and came up with a fantastic collection of flavorful meals. The recipes are easy to follow and straightforward to satisfy any homemade chef's skill level. Simply follow the instructions, using fresh ingredients, and serve a wonderful meal that is sure to please. Here's just a sample of the recipes you'll enjoy: Thai Green Curry with...



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