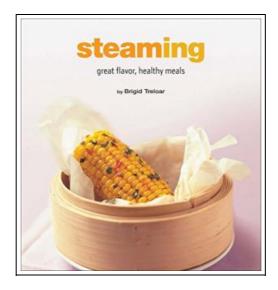
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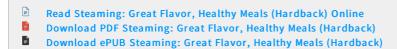
(Telly Hessel)

STEAMING: GREAT FLAVOR, HEALTHY MEALS (HARDBACK)



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PERIPLUS EDITIONS, 2008. Hardback. Condition: New. Language: English. Brand New Book. Learn how to prepare meals that are both healthy and tasty with the recipes in this steaming cookbook! Steaming is an ancient Asian cooking technique that will perfectly complement your contemporary eating habits. It is not only an easy and quick way to cook, but the results are also delicious and healthy: the steaming process gently envelops food with even heat to retain food s natural juices, vitamins, and minerals, which might otherwise be lost in the cooking water. Steaming food holds a firm texture, securing all of its flavor and brilliant color. Steaming, the comprehensive guide to steaming food takes the home cook through each recipe with step-by-step instructions, and provides information on how to use a variety of steaming equipment, including tips for creating steaming implements at home. Learn how to include steam cooking in the preparation of many meals, with 40 steaming recipes for: Appetizers and starters Rice, noodles and grains Meat and poultry Seafood Vegetables and salads Delicious dessertsEvery chef needs a repertoire of steaming recipes. Your body and taste buds will both thank you when you start cooking with Steaming!.



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