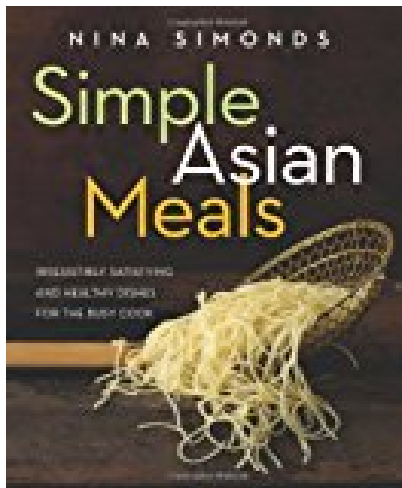


Simple Asian Meals Irresistibly Satisfying and Healthy Dishes for the Busy Cook



BOOK DETAILS

- Author : Nina Simonds
- Pages : 256 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1605293229

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BOOK SYNOPSIS

Once considered exotic, the flavors of Asia are now as close as the international aisle of every supermarket. Using only commonly available ingredients, award-winning cookbook author and Asian-food guru Nina Simonds creates easy, soothing, healthful meals that are masterpieces of simplicity. In *Simple Asian Meals*, Simonds presents over 100 recipes for accessible Chinese, Japanese, Thai, and Vietnamese specialties--packed with fresh, seasonal ingredients and health-giving benefits from immune support to ease of digestion to cholesterol reduction. Almost all her dishes require only one pot to prepare, and to make meal preparation as manageable as possible, she also provides freezing and storing techniques, recipe variations for convenience and personal taste, and lists of basic staples readers should always keep on hand. Colorful, comprehensive, and informed by Simonds own culinary travels and memorable moments in Asia, *Simple Asian Meals* is every home chefs guide to creating exquisitely flavored Asian cuisine quickly and effortlessly.

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