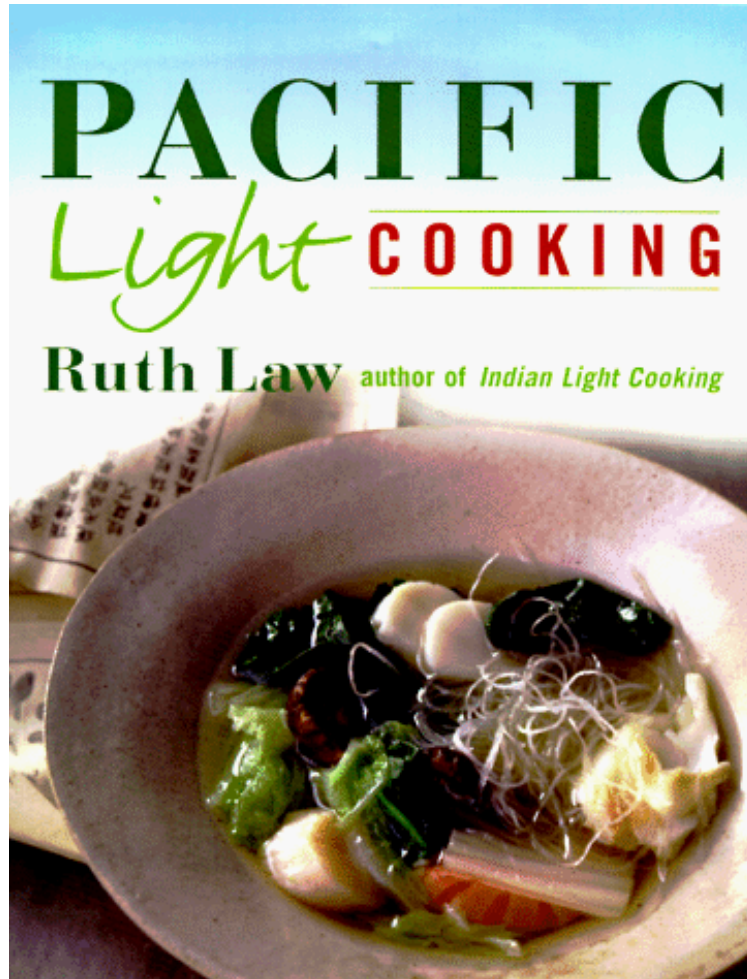


(Library ebook) Pacific Light Cooking

## Pacific Light Cooking

Ruth Law

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#4576761 in Books 1998-03-01 1998-03-01 Original language: English PDF # 1 9.54 x 1.15 x 7.34l, #File Name: 1556115199320 pages | File size: 63.Mb

**Ruth Law : Pacific Light Cooking** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Pacific Light Cooking:

2 of 2 people found the following review helpful. A must have! By Betsy Jaffe This book is a real treat for those following a healthy lifestyle, just chockful of great recipes. I appreciate the nutritional info so much -- it is so rare in Asian cookbooks. The Lemon Chicken is outstanding -- that recipe alone is worth the price of the book. Unlike her Southeast Asian cookbook, Pacific Light has no color photos and few anecdotes about the region. But the recipes are fantastic and I love knowing I can indulge in Asian fare whenever I want and still follow a healthy diet!

Over the past eighteen years, Ruth Law has travelled through China, Japan, Korea, and Hawaii, collecting hundreds of recipes for light and nutritious local foods. After carefully screening each recipe for ways to further reduce fat and calories, here she presents an assortment of 156 home dishes made with readily available ingredients that are easy to

prepare. From Spicy Thai Chicken Salad to Hawaiian Tropical Salsa, flavorful choices for every course mean that anyone can prepare healthy and satisfying meals with all the exotic appeal of the East. bull;The only comprehensive, healthy pan-Asian cookbook. bull;These are light recipes for health-conscious cooks. bull;Complete nutritional analysis for every recipe. bull;Ruth Law's Indian Light Cooking has sold more than 16,000 copies and was a selection of the HomeStyle Book Club. bull;The author is a tireless promoter who makes frequent appearances preparing dishes.

"Both El Nino and Ruth Law are turning up the heat in the Pacific: both are warming the globe. Thank God for this sensitive treatise on gastronomic warming to delight those we all love." -- Graham Kerr, international culinary consultant  
"I always think of Pacific Rim cooking as light, but these carefully crafted recipes are even lighter. In this well-researched book on the cuisine of chefs and home cooks in Pacific Rim countries, Ruth Law manages to eliminate fat from traditional dishes while preserving their authentic flavors." -- Jacques Pepin, cookbook author and host of his own PBS-TV series  
"The mysteries and magic of food are Ruth's passion and her life's work she has a rare talent for translating Asian cooking methods, tools and ingredients to make them 'user-friendly' for Western cooks without sacrificing flavor. For Ruth, flavor is the bottom line she knows just what to adapt and what to leave alone to make a dish sizzle and sing." -- Martin Yan, host of the PBS series Yan Can Cook  
Cooking teacher Law has traveled widely throughout the Pacific Rim countries, and her Southeast Asia Cookbook featured recipes from many of the cuisines included in this book, a follow-up to her Indian Light Cooking. She points out that in large part the food cooked in these countries-from China and Japan to Indonesia to Hawaii-is "inherently healthful." Although in some cases she has lightened the recipes, Law has tried to stay true to the original dishes as much as possible. With fresh, vibrantly flavored dishes like Indonesian Spicy Chicken and Roasted Eggplant with Vietnamese Mint Sauce, this is by no means a boring "diet" cookbook" -- Booklist 3/15/98