

# Secrets of Nutritional Chinese Cookery

*Siong Mui Ng*

*audiobook / \*ebooks / Download PDF / ePub / DOC*

 Download

 Read Online

#7632599 in Books 1988-12-01 Original language: English #File Name: 9813002239152 pages | File size: 59.Mb

**Siong Mui Ng : Secrets of Nutritional Chinese Cookery** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Secrets of Nutritional Chinese Cookery:

0 of 0 people found the following review helpful. Highly recommended By Lim K. Lee Excellent recipes. Tried almost most of the recipes and they are delicious! 1 of 1 people found the following review helpful. FANTASTIC SOURCE FOR WESTERNISED CHINESE By JM For a westernised Chinese like me, Madam Ng's books have been a godsend. I remember the dishes I ate as a child but have never had a source for authentic recipes, written in English, that use Chinese herbs and ingredients. The glossary provided at the back with the names of ingredients Romanised and also written in Chinese characters has allowed me to access these items easily. (I show the herbalist the characters if my pronunciation leaves him looking puzzled) The notes and anecdotes provided next to the recipes give interesting information that allows you to choose dishes based on traditional Chinese nutritional beliefs. Check out her other titles too. When I was pregnant I found the recipes in the pregnancy and confinement cookbook delicious when all other food was making me feel sick 3 of 3 people found the following review helpful. eat your way to good health By Jean So all the recipes are easy to follow and have proven success. is a good book to have if you want to eat your way to good health and the taste is uncomprisingly good. I learnt about the nutritional value (yin - yang theory), and the various ways to cook (fry, steam, stew, double boil, simmer etc...) from this book. Best of all, you don't have to worry

about identifying the herbs, mdm siong had them pictured and named in chinese character and english.