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Chinese Cookbook: Top 25 Real Home Cooking Chinese Recipes (Paperback)

By Jack Johns

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A common misconception amongst the Western people regarding Chinese cuisine is that they often consider it to be of a completely distinct and unique breed! While all of the ingredients use ginger, spring onions, garlic, soy sauce, sugar, sesame oil, vinegar and bean paste, they always tend to combine everything through a highly distinctive method which alters the flavor to a great degree. Staple foods of Chinese cuisine include but are not limited to Rice - Primarily grown in Southern China, Rice is eaten by Chinese people almost every day. This is considered to be one of the major staple food in China. Noodles - Noodles are considered as the basic staple food in China and they adore these, particularly in the Northern regions. Tofu - Alternatively known as Bean Curd. These are made from water, curdling agent and soy milk and are good sources of protein, iron and calcium while being low in fat. Tofu has been a staple of Asian and Chinese cuisine since the ancient times and has now become popular amongst other regions as well. Meat - While...



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