



Healthy Thai Cooking (Paperback)

By Jane Bamforth

Anness Publishing, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. Although Thai cooking can be high in fats, this cookbook makes clever use of traditional ingredients - coconut cream, peanuts, pork and beef - to retain all of the authentic taste but little of the fat. Here are low-fat versions of best-loved dishes such as Cellophane Noodle Soup, Thai Spring Rolls, and Chicken Satay with Peanut Sauce. These are matched by innovative contemporary dishes such as Pork on Lemon Grass Sticks, Marinated Duck Curry, and Fish in Coconut Custard. All the recipes are easy to follow and are illustrated throughout with sumptuous photography. Nutritional analysis for each recipe gives reassurance that these exotic recipes can be enjoyed as part of any healthy lifestyle.

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