

《新花样巧做健康面条Healthy》

图书基本信息

书名：《新花样巧做健康面条Healthy Noodles》

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内容概要

Over 60 deicious recipes including healthy hot broths, hearty noodles dishes,cool salads, and spicy stir-fries;
Essential information on cooking and preparing different types of noodles to ensure perfect results every time;
Comprehensive illustrated glossary explains traditional Asian ingredients; Recipes drawn from a diverse range of cooking traditions.

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书籍目录

chapter 1 Vegetable and Noodle Stir-fry Miso with Shredded Leek and Noodles Fish Balls with Crispy Vegetables and Noodles Seaweed and Egg Noodle Soup Malaysian Satay Noodles Chinese-style Noodles with Wantons Chilled Tuna and Shrimp Noodle Salad Chinese Chicken and peanut Sauce Noodle Salad Five-spice Pork with Noodles Red Chili Chicken Noodles Japanese Stir-fry Steamed Noodle s(Yakisba) Indonesian Soft Noodles with Vegetables Shrimp with Black Bean Sauce and Noodles Chinese Vegetable Noodle Stri-fry (Chow Mein) Spicy Noodles with Beef and Vegetables Curried Vegetable Noodles Simple Garlic Noodles chapter 2 Thai Hot and Noodle Soup with Shrimp (Tom Yan Goong) Malaysian Coconut Shrimp Noodle Soup (Laksa Lemak) Thai pork and Noodle soup (Kwitiaow Nam) Cold Noodles with Vegetables (Kuksu) Vietnamese Rice Stick Noodles Thai White Noodle Nests with Sauce (Khanom Chiin Nam Yaa) Black bean Noodles with Bean Curd Singapore Spicy Noodles Thai-Fried Noodles With Chicken (Pad Thai) Hot and Sour Red Vermicellichapter 3 chapter 4

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