



CHINESE  
COOKING  
THE  
HEALTHFUL WAY

PALLI AND  
JOANNE  
HUSH

# Chinese Cooking The Healthful Way

**Rachel S Tattersall**



## **Chinese Cooking The Healthful Way:**

**Chinese Cooking the Healthful Way** Paul Hush, Joanne Hush, 1996 In this inspiring book Paul and Joanne Hush illustrate the ease of cooking Chinese food low in fat and sodium Chinese cuisine uses more fresh vegetables and less meat than many other cuisines and its primary cooking methods stir frying and steaming are great ways to prepare foods without sacrificing valuable nutrients Now using the authors imaginative recipes and contemporary techniques you can cook wonderfully healthful and delicious Chinese food Chinese Cooking the Healthful Way builds on the principles of Chinese cooking we all know and love creating an amazing array of taste sensations sweet and sour sauces and marinades fiery stir fries easy yet exotic seasoning succulent fresh ingredients Bursting with the herbs and spices that give Chinese food its unique savory appeal here are traditional favorites as well as innovative new twists including Peking Pork with Broccoli and Mushrooms Hot Pepper Soup Spicy Szechuan Eggplant Five Spice Tuna Steak Orange Minted Fried Rice From basic meals to sumptuous special menus from dim sum to dessert these recipes feature easy step by step instructions plus calorie fat cholesterol and sodium counts Go ahead and indulge with Chinese Cooking the Healthful Way Chinese food is good for you About the Authors Paul and Joanne Hush are restaurateurs caterers and food lovers who also operated a cooking school in Connecticut where chefs such as Marcella Hazan Dianna Kennedy and Martha Stewart shared their expertise Joanne Hush studied Chinese cuisine at The China Institute in New York and is the author of The Chinese Menu Cookbook and Classic Chinese Cooking for the Vegetarian Gourmet

**The Book of Light Chinese Dishes** Kathryn Hawkins, 1995 Hawkins offers a timely collection of more than 100 low fat low calorie Chinese recipes from first courses to desserts which proves that flavor doesn't have to be sacrificed when cooking light Chinese food Each recipe lists the number of calories and grams of fat Color photos throughout

[The New Chinese Cooking for Health and Fitness](#) Lydia Wang, 1986 *Food Culture in China* Jacqueline Newman, 2004-08-30 The cuisine of China is widely considered to be one of the best because it meets the requirements of geographic variety inclusion of all types of foods and a long established and well developed culinary tradition The Chinese culture can be labeled a food culture for the interest and honor given to food and its rituals Food Culture in China is loaded with information on the cuisine's prominent role in Chinese culture Students and other readers will learn about Chinese food history through the dynasties and Silk Road migrations up until today ingredients cooking implements and techniques regional differences table etiquette cultural emphasis on food specialty dishes for celebrations and the role of diet and traditional Chinese medicine among other topics Each chapter contains a number of recipes for a meal based on the specific topic Americans typically are familiar with a narrow range of Americanized Chinese restaurants This one stop resource helps readers to see this ever popular ethnic cuisine in a broader context It is the most in depth reference of its kind on the market A timeline glossary tables and illustrations complement the narrative

**The Hakka Cookbook** Linda Lau Anusasananan, 2012-10-08 Traces the history of Hakka cuisine from its roots in China to the many different migration

locations of the Hakka people describing how the cuisine changed in each region and provides Hakka recipes from all over the world *The Cumulative Book Index*, 1997 A world list of books in the English language **Food and Nutrition**, 1989

*Dim Sum Made Easy* Lucille Liang, 2006 These tasty tidbits make a meal or serve as appetizers and allow diners to sample a wide range of foods from dumplings to shrimp balls in bite sized portions These simple recipes using authentic ingredients make it easy to create a luscious Chinese banquet A discussion of equipment followed by information on techniques such as stir frying and red cooking will get home chefs started Each recipe with its fillings doughs marinades and sauces is laid out with advice on preparation variations on each dish and introductions to unfamiliar ingredients From publisher description [Great Recipes for Good Health](#), 1988 A collection of recipes that are extra low in fat sugar and salt with nutritional analysis and menu suggestions **Good Cooking and Health in the Tropics** Elsie McCloskey Gaches, 1922 *From the Earth* Eileen Yin-Fei Lo, 1995 One of the best known experts on Chinese food draws on her reminiscences of the foods of her childhood to create 200 exciting vegetarian recipes many of which make use of commonly available ingredients and describes the techniques used to prepare them 40 line drawings **Gleanings in Bee Culture**, 1911 **The Complete Meat Cookbook** Bruce Aidells, 2001-09-25 Grass fed Organic Natural Pastured Raised Without Antibiotics Heirloom Breed Meat has never been better but the vast array of labels at today's meat counter can overwhelm even the savviest shopper Which are worth the price Which are meaningless Bruce Aidells America's foremost meat expert and the founder of Aidells Sausage Company makes sense of the confusion and helps you choose the best steaks chops roasts and ribs and match them to the right preparation method The definitive book for our time The Great Meat Cookbook includes hundreds of extraordinary recipes from such Great Meat Dishes of the World as Whole Beef Fillet Stuffed with Prosciutto and Parmigiano Reggiano to economical dishes that use small amounts of meat like Thai Pork Salad to American classics like Steak House Grilled Rib Eye handy recipe tags like Fit for Company In a Hurry and Great Leftovers that help you match each dish to the occasion at a glance guides to all the major cuts with a full color photo of each recipes for handcrafted sausages p t s confits and hams recipes for newly popular meats like bison goat heirloom pork and grass fed beef veal and lamb recipes for underappreciated parts that make delicious dishes without breaking the bank With straight talk and an affable voice Aidells provides every single bit of information you need to get comfortable in the kitchen from which thermometers are the most reliable to instructions for thawing frozen meat from the farmers market to tips that will make you a grill and barbecue pro *Being Healthy* 1990 Harcourt Brace Jovanovich, Harcourt Brace Staff, 1990 **Good Health**, 1896 **Subject Guide to Books in Print**, 1997 **Bibliographic Guide to East Asian Studies** New York Public Library Staff, 1996-07 An aid for reseaching non western cultures the Bibliographic Guide to East Asian Studies covers Japan China North and South Korea Honk Kong and Taiwan with approximately 3 500 listings from LC MARC tapes and the Oriental Division of The New York Public Library It includes publications about East Asia materials published in any of the relevant countries and

publications in the Chinese Japanese and Korean languages Listings are transcribed into Anglicised characters Each entry provides complete bibliographic information along with the NYPL and or LC call numbers Health Reformer John Harvey Kellogg,James Thomas Case,1873 *Life and Health* ,1912 **Millard's Review of the Far East** ,1930 Vol 34 includes Special tariff conference issue Nov 6 1925

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