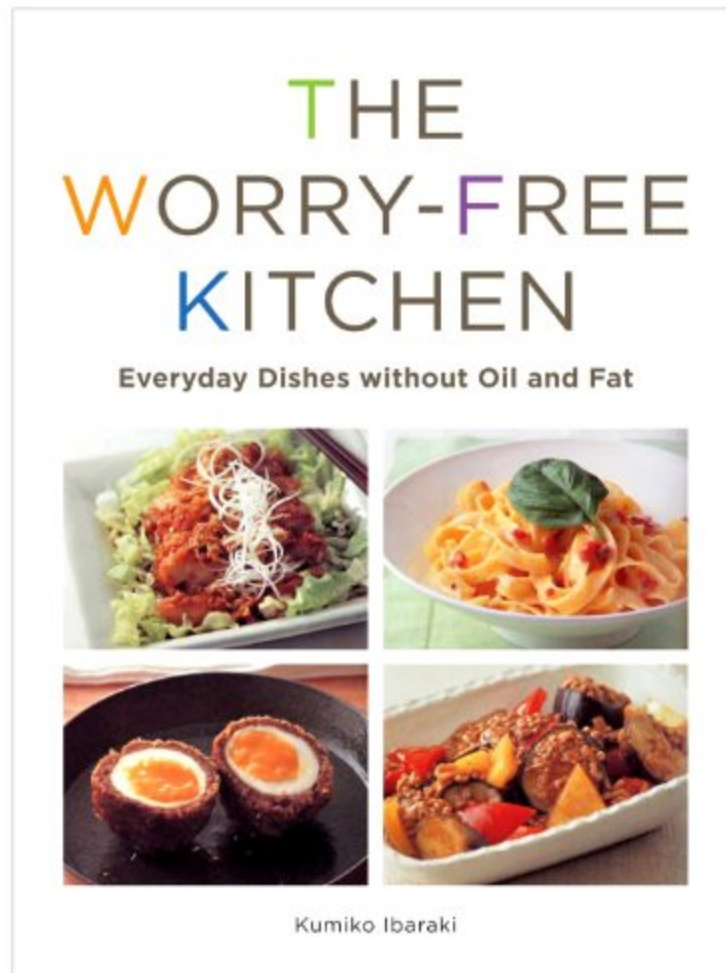


(Download) The Worry-Free Kitchen: Everyday Dishes without Oil and Fat

The Worry-Free Kitchen: Everyday Dishes without Oil and Fat

Kumiko Ibaraki

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#2986009 in Books Vertical 2011-05-24 2011-05-24 Original language: English PDF # 1 9.98 x .22 x 7.50l, .55 #File Name: 193565407180 pages | File size: 20.Mb

Kumiko Ibaraki : The Worry-Free Kitchen: Everyday Dishes without Oil and Fat before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Worry-Free Kitchen: Everyday Dishes without Oil and Fat:

2 of 2 people found the following review helpful. ????????????By Jeffrey ScronceNot exactly what I was expecting to be honest. However, the recipes are reasonably tasty and it does cut the calories. I incorporated a few tricks of my own to shave them even lower but any diet-conscious cook who wants to try something new would be well served in using this book.

Contrary to popular belief the modern Japanese diet is not as lite as one might think. The Worry-free Kitchen is Japan's answer to lowering calories and fat while indulging in the dishes that keep Asia going. The Worry-free Kitchen

presents over 45 easy and delicious everyday recipes for the health-conscious cook, each page displays your favorite treats with full color photos.

Praise for the Worry-Free series-- "Definitely do not put this in the "ignore pile." Who cares about worry-free--I just like the delicious treats aspect, and this book delivers." --Bookotron
About the Author Kumiko Ibaraki is an established chef, nurse, health and nutrition counselor, and health care provider. Her work in health care began soon after she graduated nursing school. She started working in health care management centers as a health and nutrition counselor and managing at the centers as well. She applied herself largely to child nutrition within the school system. She also went on to work in health management union offices before starting her own school of cooking. Her research includes healthier alternatives to baked goods. She is a licensed cook and studied with Tomioka Nobuka before beginning the Ibaraki Cooking Studio. Today she is a celebrity chef widely known for her indulgent sweets that are deceptively low in calories. She has completed seven books, and has an instructional DVD as well. Her website sells baked goods and provides advice on how to make her recipes. When she is not doing research and working on her publications, she conducts cooking courses at her school in Tokyo.