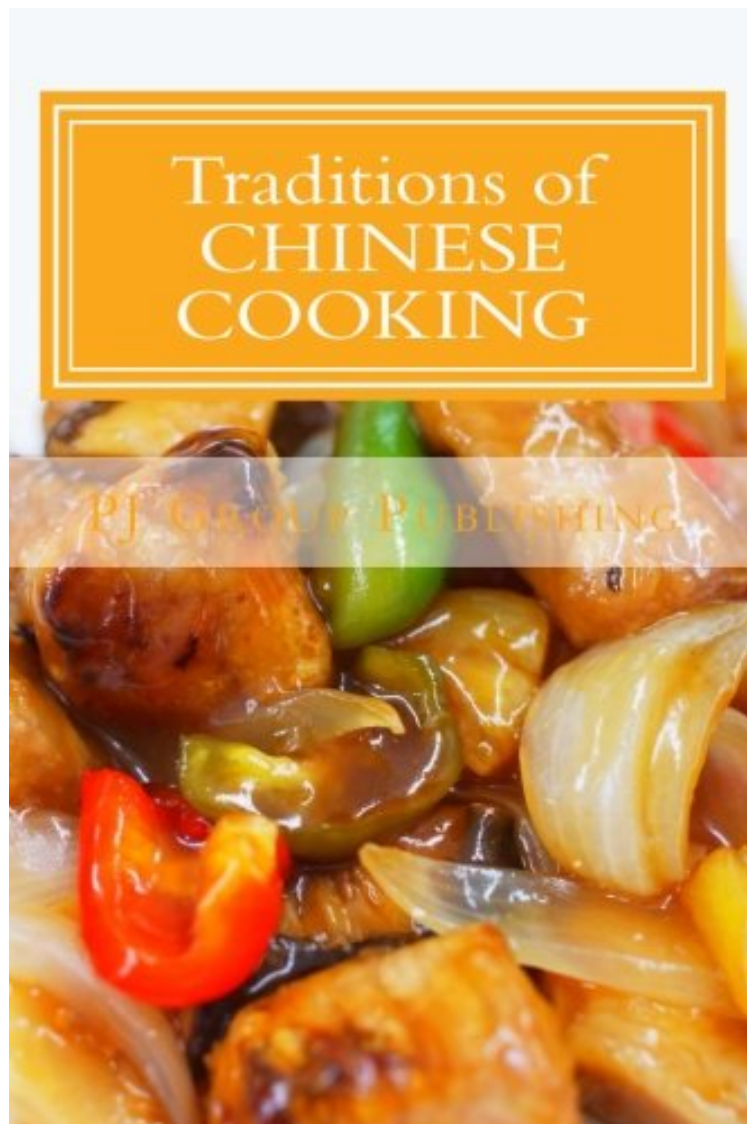


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Traditions of Chinese Cooking: Learning the Basic Techniques and Recipes of the Traditional Chinese Cuisine

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Chinese food is often associated with take-outs such as stir-fried and noodles. It's a crowd favorite for being quick and tasty. However, Chinese food also gets bad rep for being greasy and too salty. Authentic Chinese cuisine is actually more than that. Chinese cuisine can be healthy. Chinese cooking puts its focus on fresh ingredients and balance. This is part of the traditions of real and authentic Chinese cooking. Let *Traditions of Chinese Cooking: Learning the Basic Techniques and Recipes of the Traditional Chinese Cuisine* guide you through your journey into the world of authentic Chinese cuisine. Packed with simple recipes, tips and a little history, this book is your ultimate guide in the fascinating and delicious world of Chinese cooking.