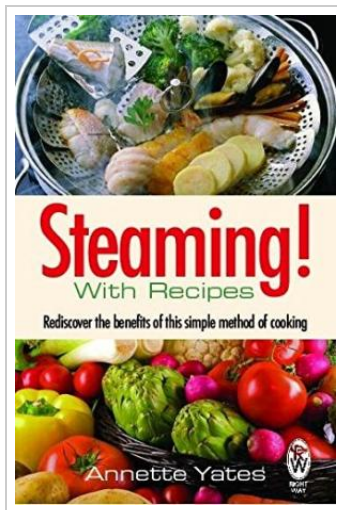




Steaming! (Paperback)

By Annette Yates

Little, Brown Book Group, United Kingdom, 2008. Paperback. Condition: New. Language: English . Brand New Book. Steaming retains the food s tenderness, shape, colour and texture, as well as using little or no fat and preserving the vitamins which are usually lost through boiling. There is little chance of over-cooking steamed food, and this economical and space-saving method is ideal for students, singletons, families and large dinner parties alike. This best-selling title includes recipes that combine healthy, low-fat meal ideas with traditional, hearty fare. Cooking charts give steaming times for all kinds of foods, in additon to the many delicious recipes for eggs, vegetables, couscous, rice, pasta, fish, poultry, meat, desserts, parcels and wraps.



READ ONLINE
[3.13 MB]



Reviews

It in a single of the most popular ebook. Indeed, it can be play, still an interesting and amazing literature. I am quickly will get a satisfaction of reading a created pdf.

-- **Lennie Renner**

This pdf is really gripping and fascinating. It is actually full of knowledge and wisdom I am just delighted to tell you that this is the very best pdf i have got study during my very own daily life and might be he finest pdf for actually.

-- **Ms. Althea Kassulke DDS**