



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 addition to the many delicious recipes for eggs, vegetables, couscous, rice, pasta, fish, poultry, meat, desserts, parcels and wraps.



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