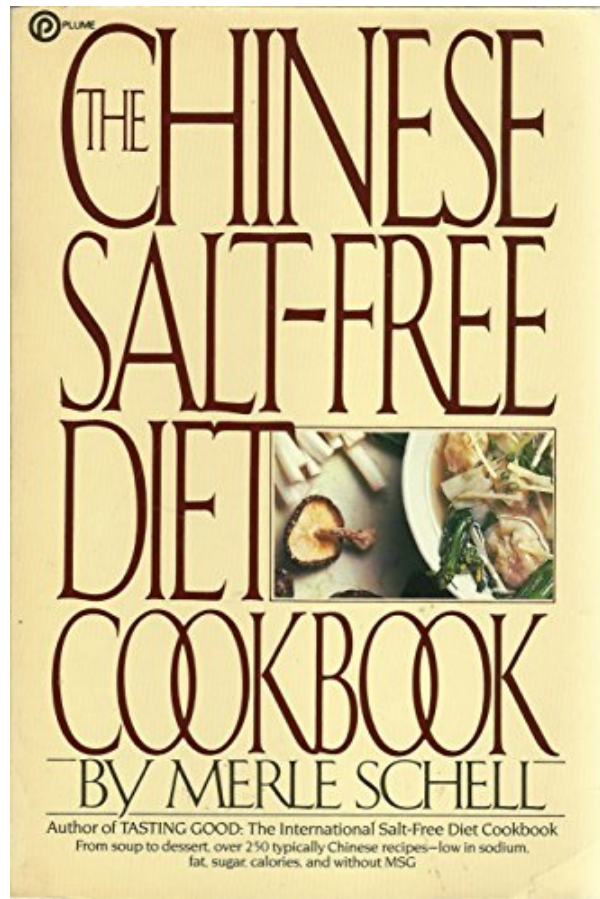
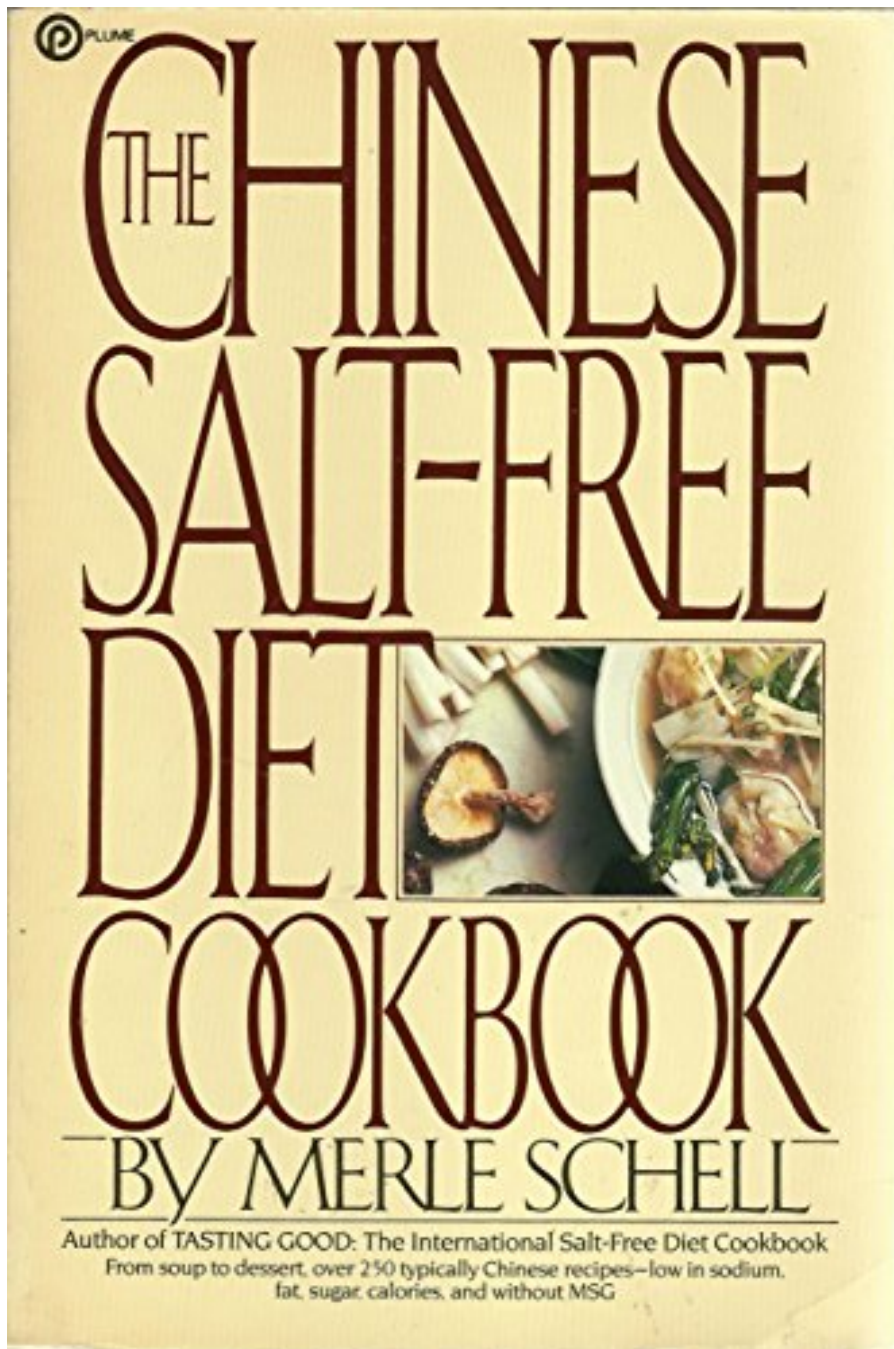


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your favorite recipes, with less salt

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it seems that walking into an Asian food place is not good for the sodium deprived

By Bruce L. Bikle

I got placed on a low sodium diet, and as you know, it seems that walking into an Asian food place is not good for the sodium deprived :-).

The ideas were good, but having lived in Taiwan and Hawaii, I am fussy about Chinese food, and most of these recipes would only approximate the cuisine. Good start tho, and some good ideas on substitutes for sauces etc.

0 of 0 people found the following review helpful.

good find!!!

By retired

glad I found this book!!!

8 of 8 people found the following review helpful.

Excellent Cuisine

By Dr. Joseph S. Maresca

A Chinese Salt Free Diet Cookbook by Merle Schell is an important food preparation acquisition which covers the essential elements of recipes throughout China. The author describes fully specialties like Yunnan Curried Mushrooms, Pork Balls in Hot Sauce, Bean Curd Shrimp Puffs and Sherry Vinegar Baby Spare Ribs.

Schell provides important information on traditional accents employed in the Chinese food preparation. For instance, garlic and ginger are important herbs used to make the food more palatable. Orange rings

are used to spice up Braised Pork. In addition, ginger root is employed as an anti-inflammatory health tonic for the traditional Fish Salad.

The author spends some time describing the landscape of China. For instance, there is only 10% arable land east of the Yangtze River. In addition, there have been historic floods along rivers; such as, the Huang He and Chang Jiang River. This weatherization has an important impact on the local farming, as well as the food preparation.

Schell also provides examples of foods that cool the body. For instance, Beef Oyster and Cucumber Soup is a popular preparation for dieters. Szechuan Vegetable Salad is another popular preparation for people interested in foods that cool the body, as well as preparations with a higher pH value.

Schell describes the historic Shanghai region which is noted for some of the finer Chinese teas and silk in the world. What would a visit to a Chinese restaurant be without dumplings? The author provides just about every dumpling preparation imaginable including the unusual Egg Dumplings.

A Chinese Salt Free Diet Cookbook by Merle Schell is an important cookbook for chefs everywhere. The presentation has a very complete rendition of Chinese cooking with a smattering of preparations from virtually every important region of China. There are important dinner preparations available; such as, Salmon and Zucchini with Soy.

Article first published as:

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