



Eat Clean: Wok Yourself to Health

By Ching-He Huang

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Eat Clean: Wok Yourself to Health By Ching-He Huang

A REVOLUTIONARY EAST-WEST APPROACH TO EATING WELL

Eat Clean and feel great with over 100 nutritious and easy Asian soups, salads and stir-fries for everyday health.

Ching-He Huang's promise is simple: with just a wok, a knife and a chopping board, you can revolutionise your diet and feel fantastic.

Renowned TV chef and cookery writer Ching transformed her health when she began eating clean - cutting out over-processed, high-sugar foods and embracing natural produce, cooked simply. Featuring fresh, vibrant flavours that make you feel bright, healthy and energised, Ching's new book *Eat Clean* shows that by choosing the right foods and adopting easy-to-follow techniques, you too can create delicious meals that help to detoxify and nourish your body so you feel better, stronger and slimmer.

With recipes such as Sunshine Energising Oatmeal, Wok-fried Lemongrass Spiced Chicken and Herby Thai Beef Salad, Ching fuses healthy eastern and western cookery to help you create easy, speedy, mouth-watering dishes for breakfast, lunch and dinner.

Ching's done all the hard work for you, so start chopping, get wokking and eat your way to good health!

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Eat Clean: Wok Yourself to Health By Ching-He Huang Bibliography

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Editorial Review

Review

Praise for Chinese Food Made Easy 'Packed with delicious, easy-to-make dishes ... Ching-He Huang is the new face of Chinese cooking.' - Heat magazine 'Once you have the top 10 ingredients in your store cupboard that are essential to cooking Chinese food, and a few favourites such as oyster or yellow bean sauce - the rest is easy. All you need is Ching-He Huang's Chinese Food Made Easy ... Ching not only tells you all you need to know about using a wok, she shares her passion for Chinese food and Chinese culture too.' - Oxford Times

About the Author

The hottest Chinese chef of the moment and known to her audience as 'Ching', international TV chef and cookery author, Ching-He Huang, is an ambassador for Chinese cooking around the globe. Ching's culinary ethos centres on fresh, ethically sourced ingredients, Chinese heritage and modern flavours - her food is the perfect fusion of tradition and innovation. Ching makes Chinese cooking accessible and healthy, appealing to East and West alike. Eat Clean marks a new direction in Ching's publishing, going back to basics with Chinese and Eastern cuisine to create recipes that are healthy, easy and, of course, delicious. Born in Taiwan but raised in South Africa and London, Ching moved to Britain when she was eleven years old. A self-taught chef, Ching launched her own catering company, Fuge Ltd, straight out of university and her healthy drinks company, Tzu. The large-scale London-based kitchen supplied food to blue chip companies (1999-2009) and it was from here that Ching quickly progressed to a career in TV. By 2005, she was tipped as the UK's hottest new Chinese chef, starring in her first TV series for the UKFood Channel and has since gone on to front 9 popular Food TV shows, earned an Emmy Nomination for best culinary host in the U.S., and numerous awards for her bestselling books.

Users Review

From reader reviews:

Annie Hendricks:

Book is to be different for every single grade. Book for children until adult are different content. As you may know that book is very important normally. The book Eat Clean: Wok Yourself to Health seemed to be making you to know about other understanding and of course you can take more information. It doesn't matter what advantages for you. The publication Eat Clean: Wok Yourself to Health is not only giving you a lot more new information but also for being your friend when you really feel bored. You can spend your own spend time to read your publication. Try to make relationship with the book Eat Clean: Wok Yourself to Health. You never experience lose out for everything in the event you read some books.

Mamie Perkins:

Reading can called imagination hangout, why? Because if you are reading a book particularly book entitled Eat Clean: Wok Yourself to Health your thoughts will drift away trough every dimension, wandering in each aspect that maybe unidentified for but surely can be your mind friends. Imaging each word written in a publication then become one form conclusion and explanation this maybe you never get ahead of. The Eat Clean: Wok Yourself to Health giving you an additional experience more than blown away your brain but also giving you useful information for your better life in this era. So now let us present to you the relaxing

pattern the following is your body and mind will likely be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary spending spare time activity?

Anita Rhodes:

This Eat Clean: Wok Yourself to Health is great guide for you because the content which is full of information for you who always deal with world and still have to make decision every minute. This specific book reveal it details accurately using great plan word or we can say no rambling sentences included. So if you are read the idea hurriedly you can have whole facts in it. Doesn't mean it only gives you straight forward sentences but tricky core information with wonderful delivering sentences. Having Eat Clean: Wok Yourself to Health in your hand like finding the world in your arm, facts in it is not ridiculous one. We can say that no e-book that offer you world within ten or fifteen minute right but this guide already do that. So , this is certainly good reading book. Hey Mr. and Mrs. stressful do you still doubt which?

Michael Aldrich:

The book untitled Eat Clean: Wok Yourself to Health contain a lot of information on the item. The writer explains your girlfriend idea with easy way. The language is very easy to understand all the people, so do certainly not worry, you can easy to read it. The book was published by famous author. The author gives you in the new age of literary works. You can read this book because you can continue reading your smart phone, or model, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site and also order it. Have a nice learn.

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