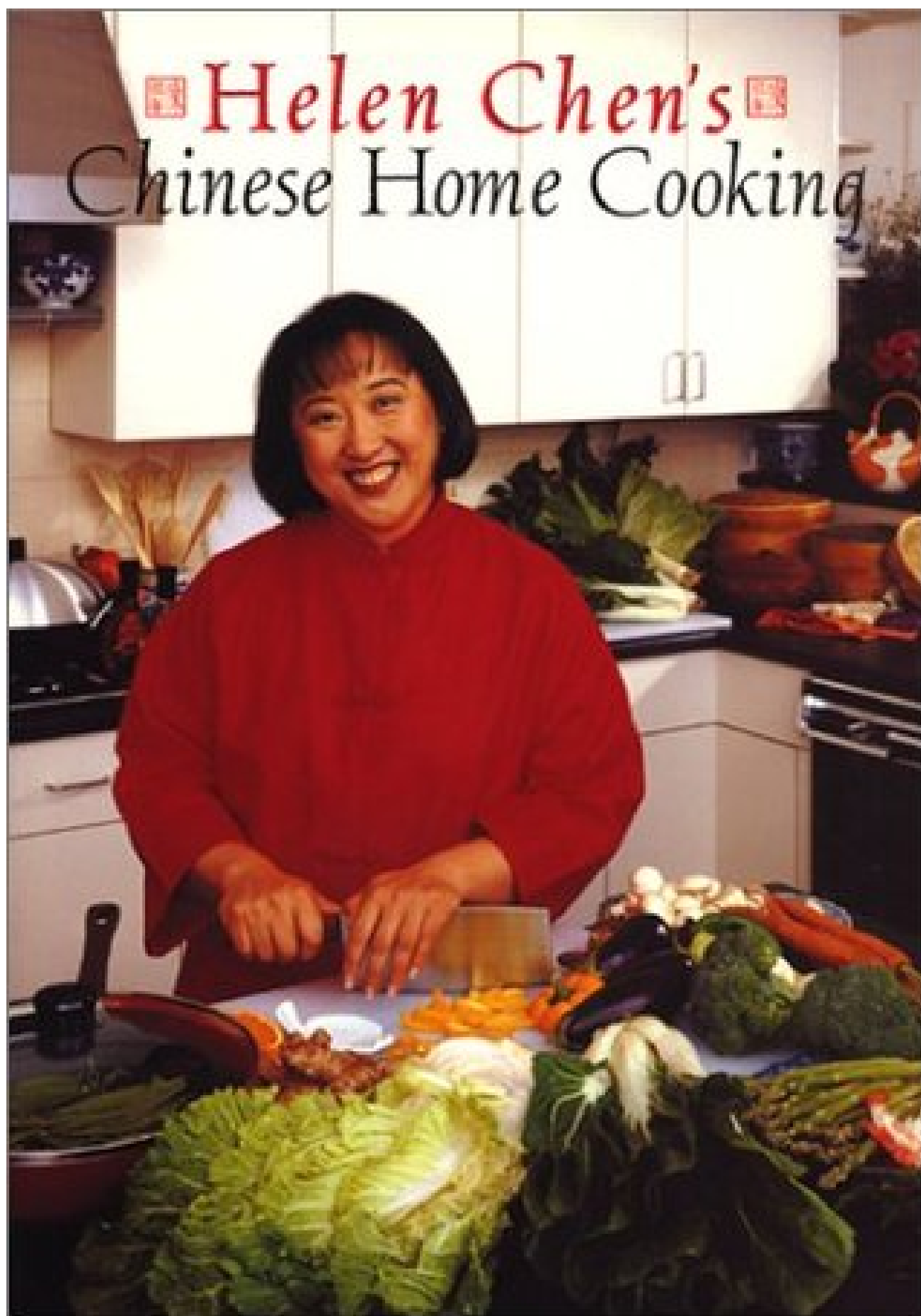


■ Helen Chen's ■  
Chinese Home Cooking



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# Helen Chen's Chinese Home Cooking by Helen Chen

Helen Chen

"Why does not the chinese language meals I make at domestic flavor Helen Chen's Chinese Home Cooking just like the nutrition in chinese language restaurants?" Now it can. Helen Chen discovered how you can prepare dinner simple, homestyle chinese language meals from her mother, Joyce Chen, founding father of the profitable cookware corporation that bears her name. All your favourite chinese language dishes are the following -- Peking Ravioli; chilly Noodles, Szechuan Style; Moo Shi Pork; and candy and bitter Shrimp-along with new classics -- Shanghai-style beef Chops; Crystal Shrimp; and Steamed Salmon with Black Beans, and as the chinese language do not use loads of oil once they prepare dinner at home, those dishes are a long way decrease in fats than chinese language meals served in restaurants. those recipes depend upon stir-frying greater than deep-frying, steaming greater than roasting, and on available grocery store ingredients, they usually use a long way much less meat in want of extra clean vegetables. If you like chinese language foodstuff for its speedy cooking, economy, taste, nutrition, and variety, then you will love having Helen Chen by way of your side.

i have basically Helen Chen's Chinese Home Cooking attempted a number of the recipes, however the Cashew chook recipe is a keeper!!

## Helen Chen S Chinese Home Cooking

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