



# **Sweet Mandarin: Classic & Contemporary Chinese Recipes with Gluten and Dairy-Free Variations**

*Helen Tse, Lisa Tse*

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## **Sweet Mandarin: Classic & Contemporary Chinese Recipes with Gluten and Dairy-Free Variations**

Helen Tse, Lisa Tse

Helen and Lisa Tse have been cooking original family recipes that have been handed down through the generations all their lives. In *Sweet Mandarin* they share their knowledge, favorite recipes and cooking tips. From basic advice on Chinese cuisine, including essential pieces of equipment such as a wok, cleaver and steamer to Chinese pantry ingredients and essentials, you'll soon be creating healthy and nutritious meals. Broken down in to Soups, Stocks, & Starters; Poultry; Pork & Beef; Fish & Seafood; Noodles; Rice: Desserts & Cocktails, the 100 simple yet delicious recipes include Cantonese Won Ton Soup, Salt and Chile Squid, Hong Kong Beef Skewers with Satay Dip, favorites like Aromatic Crispy Duck and Chicken Chow Mein, Fortune Cookies and even exotic cocktails such as Sweet Chile Strawberry Daiquiri?and each includes Allergen and Dietary Information, tips on making the recipe gluten-free, and a QR code with a free video of the authors making the dish. With gorgeous color photography throughout, this is the bible for everyone who loves Chinese food?including those that thought they couldn't eat it gluten free!

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