

<<爱情美食>>

图书基本信息

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内容概要

Preparing and cooking delicious, irresistible dishes is an art, but that doesn't mean it has to be difficult. Each book in this series is beautifully illustrated and presented to help you make the perfect dish every time. Almost every cuisine has its own selection of fish dishes, from British and Mediterranean menus to Asian and Indian cooking. Fish offers a tasty, nutritious meal as it is low in fat and high in protein, and provides an excellent source of omega 3 fatty acids. This book is essential reading for every fish connoisseur and provides guidance on the health benefits associated with eating fish. With fabulous photography and easy-to-follow step-by-step recipes, Fish Dishes will introduce you to delicious and effortless fish recipes for everyday eating or entertaining.

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书籍目录

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