



Asian Paleo: Gluten Free Recipes for Classic Chinese, Japanese, Thai, Vietnamese, Korean, and Filipino Comfort Foods (Paperback)

By Lucy Fast

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Most of us never try to cook our own Asian food at home since there s usually a plethora of dine-in or take-out options near our hometowns. Gone are the days when the Chinese restaurant was the only Asian place in town; Millennials now have their choice of Japanese/sushi bars, Thai, Vietnamese, Korean barbecue, even Mongolian and Vietnamese fare! While these restaurants offer much in the way of deliciousness, they often cater to the American palate-and the American diet. Dishes are filled with sugars, syrups, and starches, which don t correspond with a Paleo-style eating plan. Never fear, Asian Paleo: Gluten Free Recipes for Classic Chinese, Japanese, Thai, Vietnamese, Korean, and Filipino Comfort Foods is here! In this book, you ll find: The benefits of shopping at your local Asian market The final word on Miso (guess what - it IS Paleo-friendly) Quick and Easy ways to make delicious Asian food at home (including a great Rice substitute) Authentic recipes that are true to their native roots (Like Adobo and Curried Coconut Crab straight from the Philippines) Dishes from...

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