



Ching's Chinese Food in Minutes

by Ching-He Huang

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If you're hungry for good food but short on time you'll love Ching's quick and easy Chinese recipes. Why order a takeaway when you can deliver your own in minutes?

CHING'S CHINESE FOOD IN MINUTES is the brand new book from bestselling cookery author Ching-He Huang – packed with simple, delicious recipes that you can make in 30 minutes or less.

Bursting with flavour, deliciously healthy and nearly always made with everyday supermarket ingredients, Ching's new collection of authentic Chinese recipes are a wonderful balance of all-time favourites and exciting new dishes. Highlights include Exploding River Prawns, Hot and Sour Soup, Hot Pink Pepper/Black Pepper Chicken and Chicken and Black Bean Stir-fry.

The book is full of tips and hints including buying and caring for your wok, essential store cupboard ingredients and a full glossary. And when you have a little more on your hands, there is an Easy Entertaining section complete with menu suggestions and time-saving tips.

Bringing classic Chinese food to wide audiences and modern appetites, CHING'S CHINESE FOOD IN MINUTES is destined to become another kitchen classic.

About the author:

Ching-He Huang is the new face of Chinese cooking on British TV and the star of BBC2's popular series *Chinese Food Made Easy*. Born in Taiwan and brought up in South Africa, she moved to Britain when she was 11.

Ching has always been passionate about food, so after graduating with a first class degree in economics, she set up Fuge, a fresh salad company and her healthy drinks company, Tzu.

Ching is the author of two cookbooks, the bestselling *Chinese Food Made Easy* (the fourth bestselling cookbook of 2008 behind Jamie, Delia and Nigella) and *China Modern*. Ching has appeared regularly on *Saturday Kitchen*, *Market Kitchen* and *Daily Cooks*.

For more information about Ching visit www.chinghehuang.com

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