



Cooking with Green Tea (Paperback)

By Ying Chang Compestine

Avery Publishing Group Inc., U.S., United States, 2001. Paperback. Condition: New. Language: English . Brand New Book. Green tea contains the most effective antioxidant known, something more powerful than even vitamins C and E. The compound is known as polyphenol, and in *Cooking with Green Tea*, you'll learn how to put this potent protector to work in your cooking. Meet the different kinds of tea and learn why green tea is favored among the rest. Step-by-step guidelines describe how to brew and cook with tea. More than 50 creative, delicious recipes are included.



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