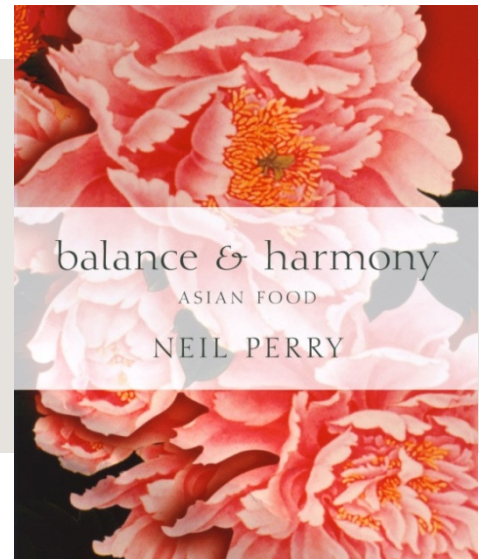


# Balance & Harmony: Asian Food

Neil Perry

<b>Title</b>	Balance & Harmony: Asian Food
<b>Author</b>	Neil Perry
<b>ISBN</b>	9781740459082
<b>Imprint</b>	Murdoch Books
<b>Binding</b>	Hardcover, in limited edition gift box
<b>Extent</b>	400 pages
<b>Dimensions</b>	260 x 200mm
<b>RRP</b>	\$125.00
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## Description

*One of the things I love most about Asian food is that it is made for the shared table, and that is how I love to eat. A bowl of rice, a few dishes, some friends and family and a nice glass of wine or two; I can't think of a better way to spend an evening.* - Neil Perry

In *Balance & Harmony*, Neil Perry revels in his love for Asian cooking: the great flavours, the contrasts in tastes and textures, and the way that just about anything can be cooked with a wok and a bamboo steamer.

*Balance & Harmony* is set out in the style of a cooking school by the Rockpool masterchef, progressing from the easiest steamed, stir-fried, braised and deep-fried dishes, to more challenging and intricate plates as you gain confidence and knowledge. In addition to the wonderful individual recipes, there are a series of banquet ideas, ranging from the simplest to the most gloriously memorable.

## Sales Points

- One of the **Four Fabulous Feasts** titles, featuring in Murdoch Books' major consumer advertising and point of sale promotion for Christmas 2008
- The first print run of *Balance & Harmony* will be presented in a sumptuous, limited edition, fabric-covered gift box – the most desirable present this Christmas
- Contains beautiful rice paper divider pages and antique Chinese cigarette card images, in addition to stunning food photography by internationally acclaimed photographer Earl Carter
- Packed with a wealth of recipes and suggestions for variations, plus hints and tips on buying, preparing and cooking
- *Balance & Harmony* will feature on Qantas Inflight radio and television during October and in the November issue of *Australian Gourmet Traveller*

## Author Profile

Neil Perry is one on Australia's pre-eminent chefs and restaurateurs. His Sydney restaurant Rockpool is rated as one of the top restaurants in the world and the opening of his Rockpool Bar & Grill at the Crown Casino in Melbourne has been a stellar success. Neil has been creating menus for Qantas for eleven years, redefining in-flight menus and service, and has his own Neil Perry Fresh food products. He regularly travels as a guest chef, promoting Australian produce. *Balance & Harmony* is Neil Perry's fifth book.