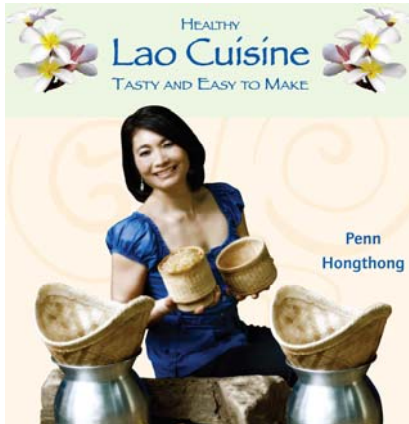


FEATURED AUTHOR

**Penn Hongthong, author of
*Healthy Lao Cuisine***



About the Book

Penn Hongthong has taken healthy recipes passed down through her family's generations and has recreated them, perfectly capturing the simple, fresh, and authentic flavors of these natural dishes. Any home cook would be proud to serve these delicious yet healthy recipes to their family and friends. The variety of fresh ingredients used in Lao cooking gives each dish a unique and explosive flavor and texture that tantalizes the taste buds. These recipes are very, healthy, and tasty. All the recipes are perfectly seasoned, exotic but not overpowering to scare first-timers.

About the Author

Penn Hongthong was born in Laos and immigrated to the United States at age eighteen. Hongthong published her first cooking book, *Simple Laotian Cooking*, in 2003. She regularly teaches and demonstrates Lao and Thai cooking at high schools, libraries, cooking schools, and vineyards on Long Island, New York. She also owns Penn Hongthong Lao Thai Catering, and is an off-premises and private caterer in the Hamptons and New York City. She also hosts a cooking show, *Simple Lao Cuisine*, in East Hampton, New York. Penn Hongthong went to Suffolk Community College and went back to graduate thirteen years later in 2003. She is the third child, second girl in a family of nine siblings. She and her elder sister Pranee, who is a year older, had to do all the chores growing up, including cooking. She learned all her cooking from her mother and maternal grandmother, but simplified the recipes for busy Americans and still maintains the recipes' original taste.

Excerpt

Lao cuisine is already extremely healthy. I recreated these recipes to make them even healthier, as well as simplifying them to make them easier to prepare, while still keeping the original flavors...Fresh ingredients are very important to our Lao cuisine, especially the fresh herbs. By using large amounts of fresh herbs, a lot of flavor is added to the food and it balances out when served with plain rice and vegetables.