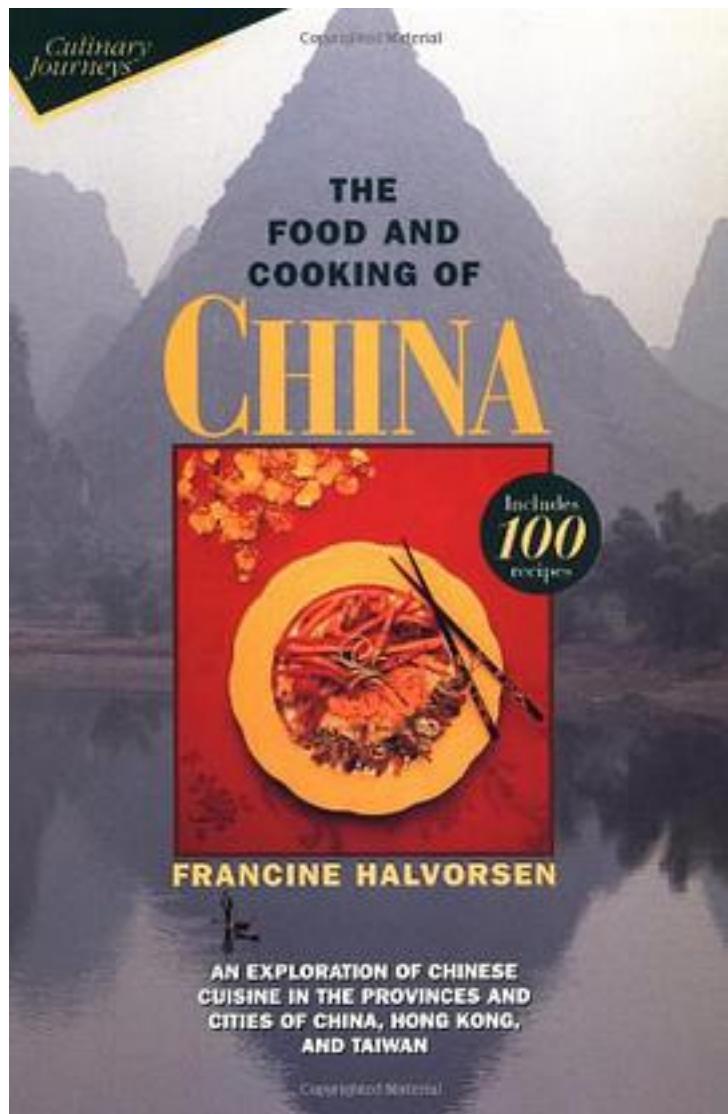


# The Food and Cooking of China



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## 在线阅读本书

A vivid account of a rich culinary legacy . . . A fabulous collection of 100 delicious, authentic recipes Chinese cooking is one of the world's oldest continuous culinary traditions, developed over the course of four thousand years. A subject of profound importance for countless generations of Chinese philosophers, scholars, poets, and ordinary people, the selection, preparation, and consumption of food is much more than a matter of sustenance in Chinese tradition. It is the art of maintaining a subtle harmony between mind and senses. Now, *The Food and Cooking of China* invites you to explore the spiritual and sensual delights of Chinese cuisine as it takes you on a fascinating journey through the many regions of China, Hong Kong, and Taiwan.

"Francine Halvorsen takes Chinese food lovers to 'the source' in this book. Along with her travel notes from a recent culinary tour of China, she includes a food history of the country and authentic regional recipes that can be reproduced in the American kitchen. This is a journey you are sure to enjoy!" —Jacques Pépin Author, teacher, and host of the PBS-TV series, *Today's Gourmet* "Francine Halvorsen's travel through Asia, exploring the relationship between food and culture are chronicled in this fascinating book. Along with a detailed description of every meal and bits of culture she encountered are recipes of the most popular regional dishes. If you love Asian food like I do, you too will love reading this book." — Martin Yan Television Host, *"Yan Can Cook"*

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