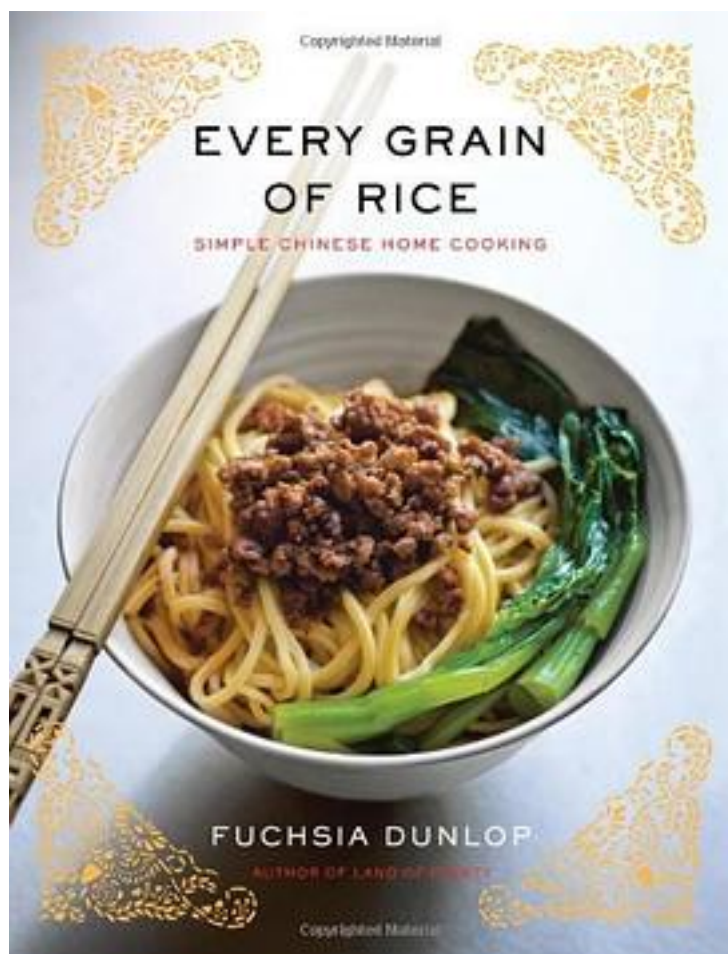


Every Grain of Rice



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著者:Fuchsia Dunlop

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A ground-breaking introduction to Chinese home cooking

Try your hand at stir-fried potato slivers with chili pepper, vegetarian “Gong Bao

Chicken,” sour-and-hot mushroom soup, or, if you’ re ever in need of a quick fix, Fuchsia’ s emergency late-night noodles. Many of the recipes require few ingredients and are ridiculously easy to make. Fuchsia also includes a comprehensive introduction to the key seasonings and techniques of the Chinese kitchen. With stunning photography and clear instructions, this is an essential cookbook for everyone, beginner and connoisseur alike, eager to introduce Chinese dishes into their daily cooking repertoire. 150 color photographss

作者介绍:

Fuchsia Dunlop trained as a chef in China’ s leading Sichuan cooking school and possesses the rare ability to write recipes for authentic Chinese food that you can make at home. Following her two seminal volumes on Sichuan and Hunan cooking, Every Grain of Rice is inspired by the vibrant everyday cooking of southern China, in which vegetables play the starring role, with small portions of meat and fish.

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标签

cookbook

English

川菜

Food

饮食男女

gastronomy

饮食

语言学

评论

不愧是四川烹专毕业的，有很多川菜的影响，算外国人写中国菜里比较准确的。

Pretty solid. I get better results following her recipes than using the Chinese ones...
Some repetitive recipes from previous books.

买英文的中餐食谱最大的好处就是，作料全部给的是tbsp/tsp，比什么2g酱油3g糖直观多了好么！！ 做了一个家常豆腐吃得我泪飏~

除了没有任何一章提及任何甜点做法之外，其他作为西方初学者，这本书还是足够参考的。

1.中国太大啦，所以所描绘的家常菜其实都不是我的家常菜，应明确为四川家常菜。从introduction开始，我内心的声音就一直是：天啦别人家都这么吃的吗。所以，这本书应该被称为川菜粉写的同人菜谱。
2.作者的观察是准确的，但也确实是外部的眼光（中性意思）。如我一直担忧的（但现在会觉得有所收获的），抛开了地域差异之后，将所有都笼统称为中国菜，他们眼光反而是抽象的，也捕捉到了一些抽象层面的共性：譬如说对蔬菜的热爱，化蔬菜为神奇。
3.嗯。真的是菜谱。比较适合没有经验的海外年轻人学习。

邓扶霞老师太专业了，值得借鉴。

作者认为，相比于华丽的中华宴席菜，中国的乡间普通家常菜更胜一筹，其擅长使用丰富多样的蔬菜，肉类使用较少，主要用来“借味”，让素菜吸附荤菜的鲜美，健康又美味。莫名觉得这种严谨老外视角下的菜谱会更靠谱。

川菜谱。。。买英文版绕一圈也是蛮拼的

比不少中文川菜谱还地道。

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书评

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