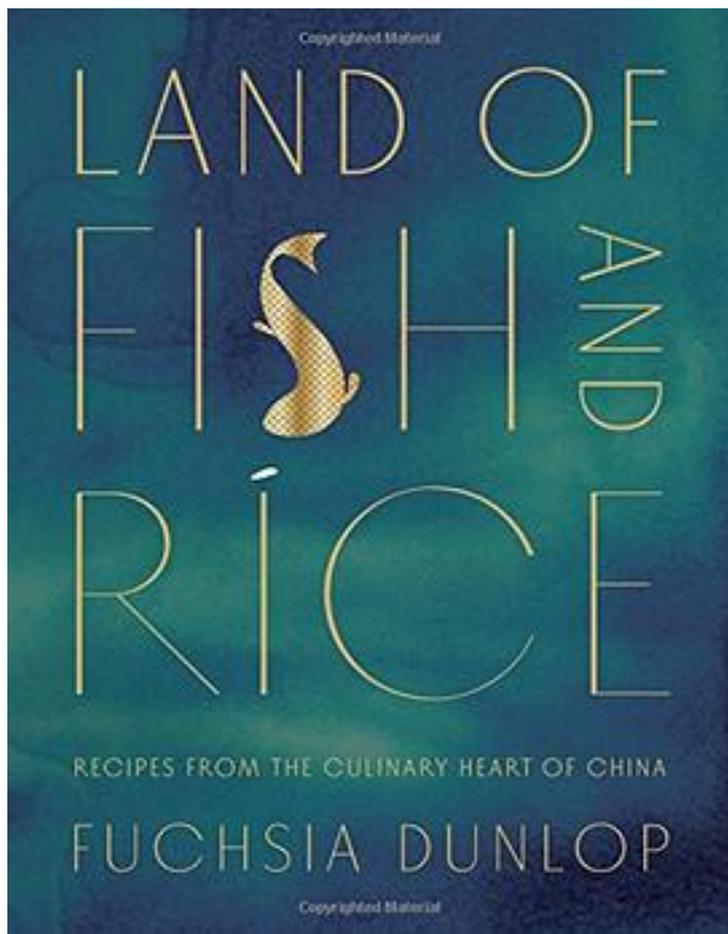


Land of Fish and Rice



[Land of Fish and Rice_ 下载链接1](#)

著者:Fuchsia Dunlop

出版者:W. W. Norton & Company

出版时间:2016-8-23

装帧:Hardcover

isbn:9780393254389

“Fuchsia Dunlop . . . has done more to explain real Chinese cooking to non-Chinese cooks than anyone.” —Julia Moskin, New York Times

The lower Yangtze region, or Jiangnan, with its modern capital Shanghai, has been known since ancient times as a “land of fish and rice.” For centuries, local cooks have harvested the bounty of its lakes, rivers, fields, and mountains to create a cuisine renowned for its delicacy and beauty. In *Land of Fish and Rice*, Fuchsia Dunlop draws on years of study and exploration to present the recipes, techniques, and ingredients of the Jiangnan kitchen. You will be inspired to try classic dishes such as Beggar’s Chicken and sumptuous Dongpo Pork, as well as fresh, simple recipes such as Clear-Steamed Sea Bass and Fresh Soybeans with Pickled Greens. Evocatively written and featuring stunning recipe photography, this is an important new work celebrating one of China’s most fascinating culinary regions. 116 photographs

作者介绍:

Fuchsia Dunlop has appeared on NPR’s “All Things Considered,” “Science Friday,” and “America’s Test Kitchen Radio,” and is a regular contributor to publications including the *Financial Times*, *Saveur*, the *Wall Street Journal*, *Lucky Peach*, and *The New Yorker*. She trained as a chef in China and has won four James Beard Awards for her writing about Chinese food. She lives in London.

目录: “In *Land of Fish and Rice*, Fuchsia distills her characteristic in-depth studies (she’s a cook who learns by doing) into easy-going and understated prose and inspiringly simple recipes that really work.” (J. Kenji López-Alt, New York Times bestselling author of *The Food Lab*)

“In *Land of Fish and Rice* Fuchsia Dunlop introduces us to the little-known region south of the Yangtze River, its long and deep influence on Chinese gastronomy, and its surprisingly subtle, refreshing flavors. *Land of Fish and Rice* is authoritative and absorbing, full of insight, enticing recipes, and infectious delight in the pleasures of the table.” (Harold McGee, James Beard Award-Winning author of *On Food and Cooking: The Science and Lore of the Kitchen*)

“Through gifted storytelling and stunning photographs, Fuchsia Dunlop highlights a rich tradition of seasonality and sustainability. Her simple and delicious flavors from the southern Yangtze inspire me and surely will inspire a new generation of cooks.” (Alice Waters, Owner, *Chez Panisse* Restaurant and author of *The Art of Simple Food*)

“Fuchsia Dunlop’s homage to Jiangnan cooking is destined to be a classic. She takes us on a rare insider’s culinary odyssey through the Lower Yangtze region sharing its rich culinary traditions. Unusual specialties like chrysanthemum leaves with pine nuts, Buddhist vegetarian tofu rolls, and fresh clam custard are gathered from years of travel and research. This is a major contribution to our understanding of Chinese cuisine. The exquisite photography is an added bonus.” (Grace Young, author of *Stir-Frying to the Sky’s Edge and Wisdom of the Chinese Kitchen*)

“This is an enthralling book. Fuchsia Dunlop has fallen in love with Jiangnan, and her book makes us fall in love too.” (Claudia Roden, author of *The New Book of Middle Eastern Food*)

“This beautiful book spoke to me personally. My parents were from “South of the Yangtze” and just reading the recipes evoked long lost smell and taste memories that brought tears to my eyes. Fuchsia has eloquently but simply captured the rich cuisine of a region unfamiliar to most Westerners.” (Cecilia Chiang, Author, Chef, and Founder of *The Mandarin Restaurant* in San Francisco)

“Cookbooks turn up every few years with the promise of an everyday mastery of Chinese cuisine. Their mark is fleeting, and cooks happily return to their manila envelopes of takeout menus. This year may be different. . . . For her latest, Ms. Dunlop, a British cook and food writer who has been studying Chinese cooking since the

mid-1990s, dives deep into the balanced flavors of Jiangnan. These are recipes to bring out the optimal flavors of the ingredients, and Ms. Dunlop’s approachable instructions bring readers closer to success.” (New York Times--Best Cookbooks of Fall 2016)

“Land of Fish and Rice by the revered British pro Fuchsia Dunlop is a focused exploration of the food of Jiangnan, an area famous among Chinese for its subtle cuisine — and now revealed to us.” (Wall Street Journal--Featured in 2016 Holiday Gift Guide)

“An exquisite and marvelously detailed work. With many of these dishes, their brilliance lies in their minimalism. So far, every recipe I’ve tried consists of relatively few ingredients, which, when combined, sparkle with flavour.” (Samuel Fromartz - The Washington Post)

“Another masterpiece from one of my favorite authors. Dunlop is a gifted writer with intriguing recipes that work. I have every one of her titles and if the woman wrote a book about how to stir a pot of water, I would buy it. Gorgeous photographs, haunting narrative, and recipes you will not find anywhere else. . . this author is a treasure.” (Eat Your Books)

“Dunlop has a lively prose style that makes you just wanna go, like, smack a cucumber or take apart a duck with a cleaver. . . . Spectacular.” (Susan T. Chang - The Level Teaspoon Podcast)

“Land of Fish and Rice closes on a strikingly humble note, with Dunlop thanking her Chinese friends for their help, adding she “could never do justice to their extraordinary culinary tradition.” Fortunately for us, she is mistaken.” (Diane Leach - Popmatters.com)

“Dunlop’s prose is engaging and informative, and the recipes she chooses encompass the complex and the happily simple. . . . You will learn much about regional Chinese food, and you will want to make these recipes as soon as reasonably possible.” (Los Angeles Times)

“Dunlop shines a spotlight on the Jiangnan region. . . a worthy addition to a home cook’s collection.” (San Francisco Chronicle--Favorite Cookbooks from 2016)

“You can’t find a Chinese food cookbook with shorter ingredients lists than this one has — a welcome surprise for the genre.” (Washington Post--31 Best Cookbooks of 2016)

• • • • • ([收起](#))

[Land of Fish and Rice_ 下载链接1](#)

标签

吃

Food

饮食文化

食物

美食

GOURMET

FushsiaDunlop

English

评论

A very solid cookbook on Jiangsu/Zhejiang/Shanghai region.

思乡解药

看了下菜谱部分，整体还是靠谱的，图片也非常精美。前面的综述字太多没怎么看。有几个自己收获的新知：1、断生的精确表述是break rawness but keep crispness。2、火腿炒豌豆原来可以加笋丁，更香。3，东坡肉提前一天做好，第二天把表面凝结的猪油刮掉再加热。4、葱油拌面配沙拉吃不错～

为了了解吃文化，作者苦读历史文学背景知识，佩服啊..the food of jiangnan is both so varied and so harmonious that it claims the mind as well as the palate-比起在国外随处可以吃到的川菜粤菜，看看江南菜容易勾起思乡之情

颜值高，菜谱看起来也挺靠谱。挺适合给没接触过中餐“江南菜”的人做入门。

[Land of Fish and Rice_下载链接1](#)

书评

[Land of Fish and Rice_下载链接1](#)