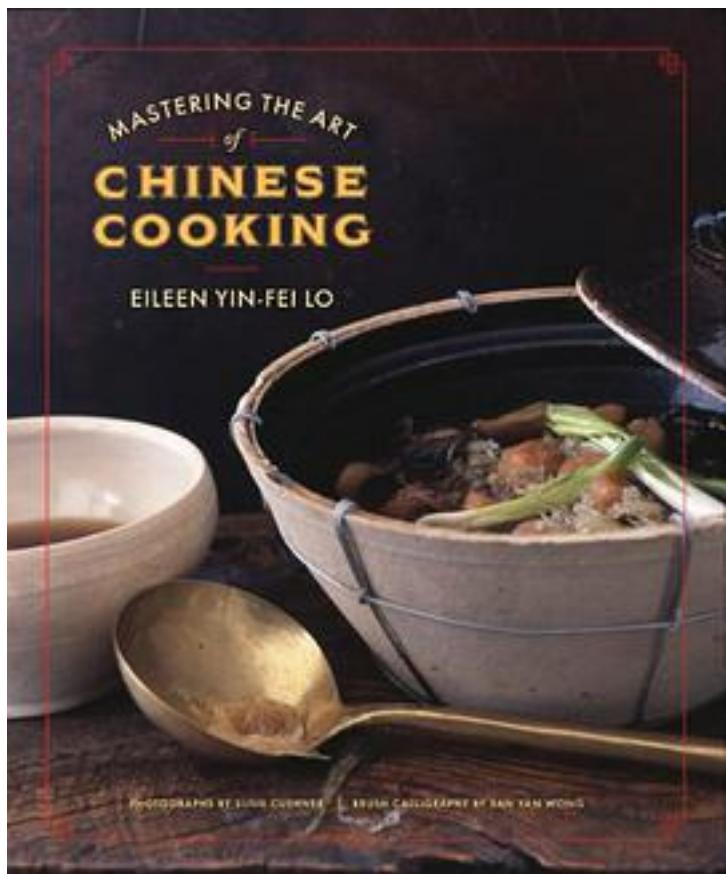


Mastering the Art of Chinese Cooking



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著者:Eileen Yin-Fei Lo

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This new masterwork of Chinese cuisine showcases acclaimed chef Eileen Yin-Fei Lo's decades of culinary virtuosity. A series of lessons build skill, knowledge, and confidence as Lo guides the home cook step by step through the techniques, ingredients, and equipment that define Chinese cuisine. With more than 100 classic recipes and technique illustrations throughout, Mastering the Art of Chinese Cooking

makes the glories of this ancient cuisine utterly accessible. Stunning color photography reveals the treasures of old and new China, from the zigzagging alleys of historical Guangzhou to the bustle of city centers and faraway Chinatowns, as well as wonderful ingredients and gorgeous finished dishes. Step-by-step brush drawings illustrate Chinese cooking techniques. This lavish volume takes its place as the Chinese cookbook of choice in the cook's library.

Yin-Fei Lo's latest cookbook is visually stunning—with brush calligraphy, decorative borders, and full-page color photographs—as well as a comprehensive and educational guide that fulfills the promise of how to master Chinese cooking. The Chinese-born author includes 150 classic recipes as well as essays exploring regional and cultural traditions and Chinese history. The Chinese pantry section is a must-read guide to ingredients, while illustrated techniques demystify processes including stuffing bean curd cakes and forming dumplings. Recipe notes lend expert advice for freezing, preparation, and serving. Divided into three parts that can be slightly confusing (The Market as Classroom; The Market Becomes Regional; The Market Particular), the book offers recipes including popular dishes such as pot stickers, spring rolls, and General Tso's chicken, in addition to more adventurous selections including sea cucumbers braised with steamed black mushrooms. This is a gorgeous holiday gift. (Jan.)

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