

How the Chinese Eat Potatoes



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Originated from the Andeans and characterized by its high nutritional value and wide adaptability, the potato is one of the most globally important crops today. It is now being planted in about 160 countries, with China as the biggest potato producer in the world, accounting for one-fourth of the world's total production. The production and consumption of potatoes in China will influence the potato industry worldwide. This book covers the origin, distribution, production, and consumption of the potato.

Potatoes have been planted throughout China since their introduction 400 years ago. They have become the main staple food for many Chinese people, especially in the remote mountainous regions. Through the years, different regions have developed different cooking methods for this highly versatile vegetable. With increasing concerns

over the ills of Western processed food, for example, French fries, potato dishes prepared in the Chinese way have the advantage of being healthy and diverse. This book serves to provide detailed instructions for their many methods of preparation.

With 2008 declared as the United Nations International Year of the Potato, the release of this book is timely, as it encourages healthy and more varied consumption of the crop, thus advancing the potato industry forward.

Contents:The Potato Crop and Its Nutritional Value; A Brief History of Potato Production in China; Potato Production Zones and Production in Different Regions in China; Functions of Potatoes in China, Various Cooking Methods in China.

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