



# Chinese Cookery

**Esther Chan**



## **Chinese Cookery:**

**Chinese Cooking For Dummies** Martin Yan, 2011-04-18 Forget about takeout Have you ever had a craving for fried dumplings or hot and sour soup at midnight Ever wonder how your local Chinese takeout makes their food taste so good and look so easy to make Still don't know the difference between Sichuan Cantonese and Mandarin cooking Discovering how to cook the Chinese way will leave you steaming stir frying and food styling like crazy The indescribably delicious cuisine of a fascinating country can finally be yours And in Chinese Cooking For Dummies your guide to the wonders and magic of the Chinese kitchen is none other than Martin Yan host of the award winning TV show Yan Can Cook In no time at all you'll be up to speed on what cooking tools to use how to stock your pantry and fridge and the methods centuries old that have made dim sum Egg Foo Young Kung Pao Chicken and fried rice universal favorites You'll also be able to Think like a Chinese chef using the Three Tenets of Chinese Cooking Choose and season a wok select a chef's knife plus other basic tools of the trade Find the essential ingredients and ask for them in Chinese with a Chinese language phonetic version of black bean sauce hoisin sauce plum sauce bamboo shoots and more Cook using a variety of methods including stir frying steaming blanching braising and deep frying And with over 100 recipes arranged conveniently like a Chinese menu Chinese Cooking For Dummies lets you select from any column in the comfort of your own kitchen which is when the fun really begins Imagine putting together your ideal meal from the book's rich offering of recipes Delectable morsels including Baked Pork Buns Spring Rolls Potstickers Steamed Dumplings and Shrimp Toast Seafood dishes including Sweet and Sour Shrimp and Oysters in Black Bean Sauce Poultry dishes including Moo Goo Gai Pan Kung Pao Chicken and Honey Garlic Chicken Pork beef and lamb dishes including Sichuan Spareribs Tangerine Beef and Mongolian Lamb Chinese Cooking For Dummies gives you all of the basics you'll need letting you experience the rich culinary landscape of China one delicious dish at a time and all without leaving a tip

**Home Cook's Guide to Chinese Cookery** Rachael T., 2013-02-12 Learn the art of Chinese cookery with Home cook's guide to Chinese cookery This book will teach you all about Chinese cuisine with ingredients that easy to find at your local grocery or market and step by step instructions on how to cook your favorite Chinese dish at the comfort of your home kitchen Surprise your loved ones with a special homemade Chinese food What more can give pride and happiness than the joy of discovering your spouse or child than a great Chinese cook This book presents you with recipes from the basic to the higher level of Chinese cookery with tips on how to cook and present the dishes in a presentable way to your dining table Transform the basic ingredients you find in your pantry to an international cuisine

**Chinese Cooking Made Easy** Daniel Reid, 2012-02-07 Discover how easy it is to create mouthwatering Chinese cuisine in your own kitchen with this easy to follow Chinese cookbook Chinese cooking is easily prepared as most ingredients can be readily purchased from general food stores supermarkets and even online Chinese Cooking Made Easy features a selection of 55 delicious Chinese dishes that are easy to prepare at home and light and healthy too Learn to use the wok to cook all kinds of Chinese food from stir frying to deep

frying braising to making sauces this versatile pan is a staple in Chinese cooking Clear recipes step by step photographs and a glossary of ingredients ensure fantastic results every time Enjoy Northern Chinese classic favorites like Pot Sticker Dumplings Black Bean Sauce Noodles Five Spice Beijing Spareribs There s also a guide to preparing Taiwanese favorites like Oyster Omelet Rice Vermicelli Soup with Oysters Diced Chicken with Dried Chilies Chicken Braised in Wine and Sesame San Bei Ji Along with these wonderful recipes are dishes that are a source of health for you and your family fortifying dishes such as Lingzhi Lean Pork Soup Chicken Stewed with Ginseng and Red Dates Pork Soup with Cordyceps and Fish Maw

**Mastering the Art of Chinese Cooking** Eileen Yin-Fei Lo,2009-10-28 A James Beard and Julia Child Award winning chef takes you on an incredible journey as you build your Chinese pantry and master the basics Daniel Boulud James Beard Award winning chef restaurateur and cookbook author This 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 photography reveals the treasures of old and new China from the zigzagging alleys of historical Guangzhou to the hustle 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 Stunning A comprehensive and educational guide that fulfills the promise of how to master Chinese cooking Publishers Weekly *Chinese Cookery Secrets* Deh-Ta Hsiung,2013-07-25 Deh Ta Hsiung shares his life long knowledge of Chinese restaurant cooking to help you successfully reproduce your favourite meals at home from a simple single dish to an elaborate grand feast In a clear straightforward style he vividly reveals the elusive secrets that produce perfection He shows you each crucial stage of preparation to enable you to recreate the harmonious blending of subtle flavours delicate textures aromas colours and shapes that are the hallmarks of authentic Chinese restaurant cooking This updated version of Chinese Cookery Secrets contains recipes for dishes as diverse as Smoked Chicken Deep Fried Squid and delicious Iron Plate Sizzled meat and fish dishes sure to be a wonderful centerpiece for any dinner party to takeaway staples like Egg Fried Rice and Sweet and Sour Chicken *The Art of the Chinese Cookery* Joan Shih,Inc The Chinese Cookery,Favorite Recipes Press,2001 1 International value authentically Chinese 2 National value the Maryland s Top Cooking School textbook for 31 years 3 Scientific value Joan Shih the author a retired research chemist who has received NIH Scientific Merit Award did Nutritional Analysis for all the recipes Winner of the 2005 Book Pinnacle Achievement Award in the cookbook category **Chop Suey, USA** Yong Chen,2014-10-28 American diners began flocking to Chinese restaurants more than a century ago making Chinese cuisine the first mass consumed food in the United States By 1980 it had become the country s most popular ethnic cuisine Chop Suey USA is the first comprehensive analysis of the forces that

made Chinese food ubiquitous in the American gastronomic landscape and turned the country into an empire of consumption Chinese food s transpacific migration and commercial success is both an epic story of global cultural exchange and a history of the socioeconomic political and cultural developments that shaped the American appetite for fast food and cheap labor in the nineteenth and twentieth centuries Americans fell in love with Chinese food not because of its gastronomic excellence They chose quick and simple dishes like chop suey over China s haute cuisine and the affordability of such Chinese food democratized the once exclusive dining out experience for underprivileged groups such as marginalized Anglos African Americans and Jews The mass production of food in Chinese restaurants also extended the role of Chinese Americans as a virtual service labor force and marked the racialized division of the American population into laborers and consumers The rise of Chinese food was also a result of the ingenuity of Chinese American restaurant workers who developed the concept of the open kitchen and popularized the practice of home delivery They effectively streamlined certain Chinese dishes turning them into nationally recognized brand names including chop suey the Big Mac of the pre McDonald s era Those who engineered the epic tale of Chinese food were a politically disfranchised numerically small and economically exploited group embodying a classic American story of immigrant entrepreneurship and perseverance Chinese Cookery Secrets Deh-Ta Hsiung,1997 **Chinese Cookery Secrets** Esther Chan,2014-06-03 To eat a Chinese meal is to enjoy one of the truly delicious pleasures of life The Chinese are artists when it comes to presentation seasoning and combining and their greatest skill is in choosing the freshest and most wholesome foods and making the most of them Chinese Cookery Secrets reveals exactly how the magic is accomplished Written over fifty years ago this is an authentic book on Chinese home cooking that is both a practical cookery book and a work of culinary history and culture that explains Chinese food preferences and describes the entire culinary process beginning with the selection of ingredients and the best way to shop for them preparation Chinese utensils the merits of different cooking methods seasoning and menu composition before proceeding to the recipes themselves which are classified in fifteen different categories displaying the variety of Chinese edible delights These include recipes for meat poultry game sea food fish noodles vegetables and sweet sour dishes as well as special sections on chafing dish and sandy pot cookery The directions are thorough and Chan includes social and historical information relating to Chinese food and cooking throughout the text which is lavishly illustrated with line drawings of ingredients to aid identification when shopping The variety of dishes background knowledge and detailed instructions from start to finish introduce the reader to a golden age of Chinese home cookery **How to Cook and Eat in Chinese** Buwei Yang Chao,2022-06-26 A Sampling of Glowing Reviews Tell Why How to Cook and Eat in Chinese is a Classic Each recipe and there are hundreds is lucidly written the measurements and cooking times as accurate as any starched American home economist could wish for Having once cooked and eaten in Chinese with Mrs Chao one can easily understand why the authors of that great American cookbook The Joy of Cooking say as they disparagingly present in their own book a recipe for

Chop Suey To get the feeling of true Chinese food read Mrs Buwei Yang Chao s delightful How to Cook and Eat in Chinese Michael Field New York Review of Books Something novel in the way of a cookbook It strikes us as being an authentic account of the Chinese culinary system which is every bit as complicated as the culture that has produced it The New York Times The Real Deal I had and well used this book for years I love Chinese food and have read and sampled from dozens of Chinese cookbooks over the years but this is still my favorite How To Cook and Eat In Chinese is the real deal Amazon Review How to Cook and Eat in Chinese is more than a cookbook It is the stage on which Mrs Chao unfolds a personal family and cultural drama Janet Theophano author Eat My Words Funny Interesting unusual and funny This is not just your regular cookbook in form or content The recipes are good original and the way the book is written is interesting It is just as interesting to read it for pleasure as to use as a cookbook Amazon Review There is not a dish in its pages which an American cannot produce without qualms As for Mrs Chao I would like to nominate her for the Nobel Peace Prize For what better road to universal peace is there than to gather around the table where new and delicious dishes are set forth dishes which though yet untasted by us we are destined to enjoy and love Pearl S Buck Chinese Cookery in the Home Kitchen; Being Recipes for the Preparation of the Most Popular Chinese Dishes at Home. Jessie Louise Ed Nolton,2018-02-07 This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it This work was reproduced from the original artifact and remains as true to the original work as possible Therefore you will see the original copyright references library stamps as most of these works have been housed in our most important libraries around the world and other notations in the work This work is in the public domain in the United States of America and possibly other nations Within the United States you may freely copy and distribute this work as no entity individual or corporate has a copyright on the body of the work As a reproduction of a historical artifact this work may contain missing or blurred pages poor pictures errant marks etc Scholars believe and we concur that this work is important enough to be preserved reproduced and made generally available to the public We appreciate your support of the preservation process and thank you for being an important part of keeping this knowledge alive and relevant *The Breath of a Wok* Grace Young,Alan Richardson,2013-06-25 Award winning author Grace Young celebrates and demystifies the art of wok cooking for the Western home cook When Grace Young was a child her father instilled in her a lasting appreciation of wok hay the highly prized but elusive taste that food achieves when properly stir fried in a wok As an adult Young aspired to create that taste in her own kitchen Grace Young s quest to master wok cooking led her throughout the United States Hong Kong and mainland China Along with award winning photographer Alan Richardson Young sought the advice of home cooks professional chefs and esteemed culinary teachers like Cecilia Chiang Florence Lin and Ken Hom Their instructions stories and recipes gathered in this richly designed and illustrated volume offer not only expert lessons in the art of wok cooking but also capture a beautiful and timeless way of life With its emphasis on cooking with all the senses The Breath of a Wok brings the

techniques and flavors of old world wok cooking into today's kitchen enabling anyone to stir fry with wok hay IACP award winner Young details the fundamentals of selecting seasoning and caring for a wok as well as the range of the wok's uses this surprisingly inexpensive utensil serves as the ultimate multipurpose kitchen tool The 125 recipes are a testament to the versatility of the wok with stir fried smoked pan fried braised boiled poached steamed and deep fried dishes that include not only the classics of wok cooking like Kung Pao Chicken and Moo Shoo Pork but also unusual dishes like Sizzling Pepper and Salt Shrimp Three Teacup Chicken and Scallion and Ginger Lo Mein Young's elegant prose and Richardson's extraordinary photographs create a unique and unforgettable picture of artisan wok makers in mainland China street markets in Hong Kong and a wok a thon in which Young's family of aunties uncles and cousins cooks together in a lively exchange of recipes and stories A visit with author Amy Tan also becomes a family event when Tan and her sisters prepare New Year's dumplings Additionally there are menus for family style meals and for Chinese New Year festivities an illustrated glossary and a source guide to purchasing ingredients woks and accessories Written with the intimacy of a memoir and the immediacy of a travelogue this recipe rich volume is a celebration of cultural and culinary delights *Chinese Technique* Ken Hom, Harvey Steiman, 1981 It's true that you can't fully understand Chinese cooking just by reading recipes Surprisingly however the principles of this delectable cuisine are remarkably simple and easy to master if approached with patience and logic But if you haven't quite overcome the sense of mystery that keeps many Americans from becoming Chinese gourmet cooks this book will revolutionize your way of thinking *Easy Chinese Recipes* Bee Yinn Low, 2012-04-16 Cook all your favorite Chinese dishes at home with this easy to follow Chinese cookbook Growing up in a Chinese household in Malaysia where cuisine and culture were inseparable Bee Yinn Low developed a deep love and appreciation for food Her early memories of helping her mother prepare steamy and fragrant Chinese meals solidified into a way of life for Bee as a working woman in Southern California A love of Chinese food didn't translate well to a modern Western lifestyle due to time and ingredient constraints Rather than give up her favorite foods Bee experimented with recreating the unforgettable flavors of her youth with her limited time and using ingredients found in local supermarkets She managed to develop versions of her favorite Chinese dishes that had all the taste but were a lot less work In *Easy Chinese Recipes* Bee shares her passion and expertise in Chinese cooking It features a collection of Bee's all time favorite dishes the foods she loves to cook and eat at home She includes updated traditional family recipes along with her own versions of the best Chinese restaurant dishes from around Asia Favorite Chinese recipes include Crispy Shrimp Dumplings Kung Pao Chicken Sweet and Sour Pork Homestyle Chow Mein Noodles Mongolian Beef And many more Building off her passion expertise and the avid following she has on her website [rasamalaysia.com](http://rasamalaysia.com) the Internet's most popular Asian food and cooking site *Easy Chinese Recipes* is sure to become the go to book for cooks interested in creating Chinese meals at home **Mary Sia's Classic Chinese Cookbook** Mary Sia, 2012-12-31 Mary Sia's Chinese Cookbook has been a classic of Chinese cookery since it was first published in 1956 This

fourth edition features all 300 of the original recipes ranging from simple everyday fare to more elaborate dishes for entertaining as well as essays by Mary Sia An all new food glossary provides up to date names for ingredients along with advice on appropriate substitutions and sources for 21st century cooks The work also includes an introduction by Rachel Laudan renowned food historian and author of *The Food of Paradise Exploring Hawai i s Culinary Heritage* The YWCA where Mary Sia had taught for so many years named its kitchen after her Her cookbooks sold steadily some twenty thousand copies having left the shelves by the 1980s and doubtless many more by now Jacqueline Newman founder and editor of *Flavor and Fortune* a magazine dedicated to Chinese cooking who assembled the premier collection of English language Chinese cookbooks commented that Mary Sia s *Chinese Cookbook* remains one of the finest introductions to home style Cantonese cooking all these years after Mary Sia first created the recipes Dr Newman commented to me She was years ahead of her time a better cook with a better set of taste buds than most folk I know as well as a better writer from the Introduction

*Chinese Cooking at Home* Tina Zhang, 2016-02-06 Are you a regular visitor to your favorite Chinese restaurant Are you forever wishing you could recreate those scrumptious meals in your own kitchen If so this recipe book is the one for you Traditional Chinese dishes are a favorite for many people but they often appear too challenging for the average cook Unfamiliar spices exotic flavors and seemingly complicated recipes make cooking Chinese food seem more like an adventure you have to enjoy at the restaurant if you want it to taste just right The recipes in this book are designed to take away your fears about Chinese cooking All the delicious soups stir fries sides and sweets that you enjoy at your neighborhood takeout place can be reproduced in the comfort of your own kitchen with ingredients easy to find at your local supermarket There are no difficult to find ingredients in this book The trick to good Chinese food is simpler than you think Several of the recipes here will be close copies of all your favorite meals You will find spicy sumptuous exotic fare that s easy to make in these 50 delicious Chinese food recipes Inside You Will Learn How Chinese cooking differs from another fare How to identify some unfamiliar flavors and spices How to recreate your favorite restaurant meals Tips Tricks for Chinese cooking like the pros The best way to adapt your favorites with just a few ingredients 50 Delicious Chinese food recipes And much more The recipes in this cookbook will have you putting down the takeout menu and pulling out your unused wok from under the cupboard You will realize how easy it is to take a simple recipe typically only found at a restaurant and serve it on your table to the delight of every Chinese food lover

Secrets of Chinese Nutrition Ng Siong Mui, 2014-10-02 This is the much awaited revised edition complete with a fresh design and more enticing food photography of a book that has found a place in the canon of Singapore cookbooks Originally published as *Secrets of Nutritional Chinese Cookery* its clear and easy to follow recipes produce delicious and fortifying Chinese food based on principles that date back 4 000 years It shares how the basic techniques of stir frying steaming simmering double boiling and stewing coaxes the best from choice and humble ingredients to produce nutritional dishes suitable for everyday meals and banquets The key of this book is the Chinese belief that food is



eaten not just to fuel the body please the palate and satisfy the soul but also eaten to promote good health It is therefore a practical guide to eating nutritional food and maintaining good health the Chinese way The Book of Chinese Cooking Jasper Spencer-Smith,1991 **Chinese Food: How to Cook Your Favorite Chinese Dishes At Home** Marnie Peterson, This beginners guide to chinese food and chinese cooking is the perfect companion for any budding at home chef who wants to re create those delicious chinese dishes that you love from restaurants In this eBook you will discover the history of chinese food and how it has developed to what it is today We explore some of the differences between authentic chinese food and what you find in Western chinese restaurants Your culinary journey then progresses to what type of equipment you will need for chinese cooking such as the well known wok and chopsticks plus other not so well known but essential tools Then we stroll into the food section with the must have basics of any aspiring chinese cook Things like sauces soy sauce fish sauce oyster sauce and more and staples like rice noodles vegetables and meats There is even a whole chapter on the time honored tradition of Yum Cha Purchase this eBook and get started on your chinese cooking adventure today Please note You should consider buying some chinese recipes cook books to accompany this guide as there are no recipes included Just lots and lots of useful information to begin and enhance on your chinese cooking experience Excel Chinese Cooking Excel Cooking,2016-08-31 LEARN THE CULINARY ART OF CHINESE COOKING Ni hao As the most prevalent ethnic restaurants anywhere you go Chinese food is one of the most popular cuisines in the world Succulent sauces and spices with your many favorite choices of colorful vegetables and protein enriched meats is there any wonder why people love Chinese food But do you know just how much goes into preparing the perfect Chinese dish Most people think about Chinese food as something for lunch or dinner But it s so much more Did you know that there are certain Chinese recipes that you can make for breakfast What if you could cook your own Chinese food the next time you want to take a trip down to your favorite Chinese restaurant or order Chinese food delivery and save the money that you would have spent on it With Excel Chinese Cooking that s a reality Here s a sample taste of what you ll get The ingredients basis that comprises of the different types of condiments spices noodles rice and prepackaged items The cooking utensils you ll need and where to find them including the wok steamers knives ladles and spatulas The traditional breakfast serving style called dim sum and how to make each meal item such as dumplings spring rolls and baozi The all time favorites and most popular Chinese food dishes for lunch and dinner Do you know who General Tso really was The exotic treats and desserts from China that will surely give you a serious sweet tooth Ever heard of the Red Dragon s Beard Candy and that s just for starters In Excel Chinese Cooking you ll learn how to start making your own delicious Chinese food at home with easy to follow and comprehensive instructions We tell you everything that you need to know and give you the recipes that you love to really excel at Chinese cooking to cook up the food you want anytime you want Sihk faahn

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