



# Chinese Cuisine

**J.A.G. Roberts**



## Chinese Cuisine:

Origins of Chinese Cuisine Xu Shitao,      The Land of the Five Flavors Thomas O. Höllmann, 2013-11-26 Renowned sinologist Thomas O H llmann tracks the growth of food culture in China from its earliest burial rituals to today s Western fast food restaurants mapping Chinese cuisine s geographical variations and local customs indigenous factors and foreign influences trade routes and ethnic associations H llmann details the food practices of major Chinese religions and the significance of eating and drinking in rites of passage and popular culture He enriches his narrative with thirty of his favorite recipes and a selection of photographs posters paintings sketches and images of clay figurines and other objects excavated from tombs H llmann s award winning history revisits the invention of noodles the role of butchers and cooks in Chinese politics debates over the origin of grape wines and the causes of modern day food contamination He discusses local crop production the use of herbs and spices the relationship between Chinese food and economics the influence of Chinese philosophy and traditional dietary concepts and superstitions Citing original Chinese sources H llmann uncovers fascinating aspects of daily Chinese life constructing a multifaceted compendium that inspires a rich appreciation of Chinese arts and culture

**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

*Chop Suey* Andrew Coe, 2009-07-16 In 1784 passengers on the ship Empress of China became the first Americans to land in China and the first to eat Chinese food Today the United States is home to more Chinese restaurants than any other ethnic cuisine In this authoritative new

history author Andrew Coe traces the fascinating story of America's centuries long encounter with Chinese food. Chop Suey tells how we went from believing that Chinese meals contained dogs and rats to making regular pilgrimages to the neighborhood chop suey parlor. From China the book follows the story to the American West where both Chinese and their food struggled against racism and then to New York and that crucial moment when Chinese cuisine first crossed over to the larger population. Along this journey Coe shows how the peasant food of an obscure part of China came to dominate Chinese American restaurants, unravels the truth of chop suey's origin, illuminates why American Jews fell in love with egg rolls and chow mein, and shows how Nixon's 1972 trip to China opened our palates to a new world of cuisine and explains why we still can't get dishes like restaurants serve in China. The book also shows how larger historical forces shape our tastes, the belief in Manifest Destiny, the American assertion of military might in the Pacific, and the country's post WWII rise to superpower status. Written for both popular and academic audiences, *Chop Suey* reveals this story through prose that brings to life the characters, settings, and meals that helped form this crucial component of American food culture. *Susanna Foo Chinese Cuisine* Susanna Foo, 2002-09-24 Susanna Foo has been consistently acclaimed for her stunning interpretations of Chinese food and hailed as one of America's best chefs by publications as diverse as *Esquire*, *Food & Wine*, and *USA Today*. In this book she shares the revolutionary recipes that established her reputation, from Crab Sui Mei with Red Bell Pepper Sauce to Soy Braised Cornish Hens. Each one relies on straightforward preparation and easily available ingredients, illustrating Foo's belief that good Chinese food is every bit as easy to prepare as Italian food and relies on the same principles of simplicity and freshness. *Classic Chinese Cuisine* Nina Simonds, 1994 Each of the more than 225 recipes and the entire original text has been fully updated and revised, with 40 new recipes added to this edition. Nina Simonds has been widely praised for her ability to make Chinese cooking accessible to American cooks. She is also the author of *China Seasons* and *China Express Illustrated*. *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

*Globalization of Chinese Food* Sidney Cheung, David Y. H. Wu, 2012-11-12 Does Chinese food taste the same in different parts of the world What has happened to the Chinese diet in mainland China Taiwan Hong Kong and Macau What has affected the foodways of Chinese communities in other Asian countries with large Chinese diasporic communities What has made Chinese food popular in Australia Indonesia the Philippines and Japan What has brought about the adoption and adaptation of western food and changes in Chinese diets in Hong Kong Taiwan and Peking By considering the practice of globalization this volume of essays by well known anthropologists from many locales in Asia describes changes variations and innovations to Chinese food in many parts of the world paying particular attention to questions related to how foods are introduced maintained localised and reinvented according to changing lifestyles and social tastes The book reviews and broadens classic social science theories about ethnic and social identity formation through the examination of Chinese food and eating habits in many locations It reveals surprising changes and provides a powerful testimony to the impact of late twentieth century globalization

**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

**The Chinese Takeout Cookbook** Diana Kuan, 2012-12-11 America s love affair with Chinese food dates back more than a century Today such dishes as General Tso s Chicken Sweet and Sour Pork and Egg Rolls are as common as hamburgers and spaghetti Probably at

this moment a drawer in your kitchen is stuffed with Chinese takeout menus soy sauce packets and wooden chopsticks right But what if you didn't have to eat your favorites out of a container In *The Chinese Takeout Cookbook* Chinese food blogger and cooking instructor Diana Kuan brings Chinatown to your home with this amazing collection of more than eighty popular Chinese takeout recipes appetizers main courses noodle and rice dishes and desserts all easy to prepare and MSG free Plus you'll discover how to stock your pantry with ingredients you can find at your local supermarket season and master a wok for all your Chinese cooking needs prepare the flavor trifecta of Chinese cuisine ginger garlic and scallions wrap egg rolls dumplings and wontons like a pro steam fish to perfection every time create vegetarian variations that will please everyone's palate whip up delectable sweet treats in time for the Chinese New Year *The Chinese Takeout Cookbook* also features mouthwatering color photos throughout as well as sidebars that highlight helpful notes including how to freeze and recook dumplings cooking tidbits such as how to kick up your dish with a bit of heat and the history behind some of your favorite comfort foods including the curious New York invention of the pastrami egg roll and the influence of Tiki culture on Chinese cuisine So put down that takeout menu grab the wok and let's get cooking Here for the first time in one fun easy and tasty collection are more than 80 favorite Chinese restaurant dishes to make right in your own kitchen Cold Sesame Noodles Kung Pao Chicken Classic Barbecue Spareribs Beef Chow Fun Homemade Chili Oil Hot and Sour Soup Chinatown Roast Duck Moo Shu Pork Dry Fried String Beans Black Sesame Ice Cream And of course perfectly fried Pork and Shrimp Egg Rolls Diana Kuan chronicles America's love affair with Chinese food *The Chinese Takeout Cookbook* is the perfect reason to throw out those menus cluttering your kitchen drawers Patricia Tanumihardja author of *The Asian Grandmothers Cookbook* [The Chinese Kitchen](#) Eileen Yin-Fei Lo, 1999-11-17 Eileen Yin Fei Lo author of award winning cookbooks menu developer for top Asian restaurants and cooking teacher presents her life's work Reflecting on her life in food including her childhood in Canton China where she learned to cook at her grandmother's side Eileen has created an exhaustive cookbook of extensive scope Everything about Chinese cooking has cultural significance and much of what Eileen talks about in this book has never appeared in print before in the English language There are more than 250 recipes in all including many classic banquet style recipes quite a number presented for the first time in the traditional manner from Peking Duck to Beggar's Chicken Dozens of the techniques for preparing these elaborate recipes are shown in full color photographs in the color insert as well Eileen also includes many of her own creations such as infused oils and rich flavorful stocks essential for cooks who are serious about mastering the ancient art of Chinese cooking Everything is here dim sum congees stir fries rice dishes noodles bean curd meat dishes and more For anyone who loves Asian cuisines this is the ultimate cookbook and for cookbook lovers and aspiring food professionals this is required reading **Chinese Cuisine** Margot Zhang, 2024-09 In China our authors say one is saluted in any venue with the question Have you eaten This simple phrase suggests how deeply anchored nourishment is in Chinese daily life Food is about sustenance but also communication of love and respect A meal is about food but also

memories and friendship This book is the fourth in a series of illustrated guides to Asian cuisines and food culture In it you will find An introduction to the three important daily meals Utensils from chopsticks to bamboo steamers and woks Cutting and chopping tools and techniques Sauces and broths Ingredients like bok choi oyster sauce kumquats and chillies Then a rundown on the eight regional Chinese cuisines which are very different from Hunan to Sichuan Main ingredients wontons and noodles rice in all its forms mushrooms and sprouts The principal proteins pork chicken and tofu Chinese herbal medicines and foods that cure Street food dishes for special occasions and cakes for birthdays steamed sponge cake mooncake Charming full color illustrations show every kind of ingredient and dish from the familiar to the unusual and depict people in authentic situations enjoying food in their homes at restaurants and on the street The color illustrations of vegetables utensils and labels make this guide very easy to follow for the novice and a warm reminder for readers of Chinese heritage

**China to Chinatown** J.A.G. Roberts,2002 China to Chinatown tells the story of one of the most notable examples of the globalization of food the spread of Chinese recipes ingredients and cooking styles to the Western world Beginning with the accounts of Marco Polo and Franciscan missionaries J A G Roberts describes how Westerners first impressions of Chinese food were decidedly mixed with many regarding Chinese eating habits as repugnant Chinese food was brought back to the West merely as a curiosity The Western encounter with a wider variety of Chinese cuisine dates from the first half of the 20th century when Chinese food spread to the West with emigrant communities The author shows how Chinese cooking has come to be regarded by some as among the world s most sophisticated cuisines and yet is harshly criticized by others for example on the grounds that its preparation involves cruelty to animals Roberts discusses the extent to which Chinese food as a facet of Chinese culture overseas has remained differentiated and questions whether its ethnic identity is dissolving Written in a lively style the book will appeal to food historians and specialists in Chinese culture as well as to readers interested in Chinese cuisine

**Simple & Delicious Chinese Recipes** Ted Alling,2020-03-19 People across the globe have been cooking Chinese food most of which use a Chinese cookbook that gives easy steps to popular dishes that are known in many parts of the world Wherever there is Chinese cuisine you are sure to find various recipes of different styles and flavors The Chinese cuisine is one that is simple and flavorful and that is what this Chinese cookbook will offer easy to follow instructions for recipes with big and bright flavors Chinese cuisine is so much more than just fried rice and noodles it offers a diverse mixture of soups meats chicken dishes fish dishes dumplings wontons and so much more This is still so much to explore and we are excited to explore it all with you So grab a copy pf the book today and let s start exploring

**Double Awesome Chinese Food** Margaret Li,Irene Li,Andrew Li,2019-02-05 Wildly inventive Chinese American home cooking from the siblings behind Boston s acclaimed Mei Mei restaurant Too intimidated to cook Chinese food at home but crave those punchy flavors Not anymore Put down that takeout kung pao chicken and get in the kitchen Full of irresistible recipes that marry traditional Asian ingredients with comforting American classics and seasonal ingredients Double Awesome

Chinese Food delivers the goods The three fun loving Chinese American siblings behind the acclaimed restaurant Mei Mei take the fear factor out of cooking this complex cuisine infusing it with creativity playfulness and ease Take the Double Awesome flaky scallion pancakes stuffed with two oozy eggs sharp cheddar and garlicky pesto could there be anything better Ridiculously delicious and unexpected dishes like Cranberry Sweet and Sour Stir fried Pork and Red Curry Frito Pie will become new staples for your cooking lineup Throw a hands on dumpling making party and let your friends decide whether to serve them chewy and pan seared or crackly and deep fried Packed with pro cooking tips sauces to amp up any meal sustainable sourcing advice and over 100 delicious recipes this book is your ticket to making the Chinese food of your dreams any night of the week

*The Healing Cuisine of China* Zhuo Zhao, George Ellis, 1998-11-01 A comprehensive guide to the Chinese art of healing with food Provides more than 300 authentic Chinese recipes for curing specific ailments and for promoting happiness and vitality Explains the theories behind traditional Chinese beliefs about health and diet and reconciles these beliefs with contemporary Western medical knowledge Includes a complete fitness program centered on the popular Chinese qi gong exercises Through 5 000 years of recorded history the Chinese have developed an unequalled pharmacopoeia of food remedies and have turned this knowledge into a delicious cuisine that is simple to prepare This cuisine has little in common with the dishes on the menus of many Chinese restaurants which have sacrificed traditional Chinese principles to appeal to high fat Western tastes Instead it emphasizes all natural ingredients eaten in season and in the most beneficial combinations The Healing Cuisine of China features more than 300 authentic Chinese recipes ranging from simple preparations to cure specific ailments to traditional longevity banquets The authors also explain the underlying theories behind traditional Chinese beliefs about health and reconcile these ancient beliefs with Western medical knowledge about bacteria viruses and other causes of disease A complete fitness program centered on the popular Chinese qi gong exercises and a questionnaire to help readers discover their individual body requirements make this the most comprehensive guide to the healthy lifestyle of China ever published

Invitation to a Banquet Fuchsia Dunlop, 2023-11-07 Finalist for the 2024 IACP Award for Literary or Historical Food Writing An NPR 2023 Books We Love Pick A Food Wine Best Food Book of 2023 A Financial Times Best Food and Drink Book of 2023 One of Smithsonian s Ten Best Books About Food of 2023 The world s most sophisticated gastronomic culture brilliantly presented through a banquet of thirty Chinese dishes Chinese was the earliest truly global cuisine When the first Chinese laborers began to settle abroad restaurants appeared in their wake Yet Chinese has the curious distinction of being both one of the world s best loved culinary traditions and one of the least understood For more than a century the overwhelming dominance of a simplified form of Cantonese cooking ensured that few foreigners experienced anything of its richness and sophistication but today that is beginning to change In *Invitation to a Banquet* award winning cook and writer Fuchsia Dunlop explores the history philosophy and techniques of Chinese culinary culture In each chapter she examines a classic dish from mapo tofu to Dongpo pork knife scraped noodles to braised pomelo



pith to reveal a distinctive aspect of Chinese gastronomy whether it s the importance of the soybean the lure of exotic ingredients or the history of Buddhist vegetarian cuisine Meeting food producers chefs gourmets and home cooks as she tastes her way across the country Fuchsia invites readers to join her on an unforgettable journey into Chinese food as it is cooked eaten and considered in its homeland Weaving together history mouthwatering descriptions of food and on the ground research conducted over the course of three decades Invitation to a Banquet is a lively landmark tribute to the pleasures and mysteries of Chinese cuisine

**House of Nanking** Kathy Fang,Peter Fang,2025-09-30 From a beloved San Francisco culinary landmark a showstopper cookbook that honors a family legacy and celebrates ingredient driven multi regional Chinese cooking in America The 100 plus recipes in this beautiful book include all the greatest hits from three generations of Fang family cooking from Canton to Shanghai and readers will learn how to pan fry steam cook in a wok shop for ingredients and prep vegetables the Chinese way With accessible recipes that are adaptable to any type of home kitchen anyone will be able to make these dishes wherever they are Since it opened in 1988 House of Nanking has been a popular spot for countless tourists honeymooners celebrities and everyday San Franciscans who have lined up for their legendary Shanghai and Chinese American dishes This book marks the first time their recipes have appeared in print and have been adapted for the home kitchen But it ll be the stories behind them which few have heard of Peter Fang s ingenuity and his early adventures in the kitchen how he imported and adapted his favorite Shanghai dishes for America and Kathy s experience growing up with parents who bet it all on the restaurant under the tutelage of all these rich Chinese culinary traditions that will capture the heart

**Chop Suey and Sushi from Sea to Shining Sea** Bruce Makoto Arnold,Tanfer Emin Tunç,Raymond Douglas Chong,2018-06-15 The essays in Chop Suey and Sushi from Sea to Shining Sea fill gaps in the existing food studies by revealing and contextualizing the hidden local histories of Chinese and Japanese restaurants in the United States The writer of these essays show how the taste and presentation of Chinese and Japanese dishes have evolved in sweat and hardship over generations of immigrants who became restaurant owners chefs and laborers in the small towns and large cities of America These vivid detailed and sometimes emotional portrayals reveal the survival strategies deployed in Asian restaurant kitchens over the past 150 years and the impact these restaurants have had on the culture politics and foodways of the United States Some of these authors are family members of restaurant owners or chefs writing with a passion and richness that can only come from personal investment while others are academic writers who have painstakingly mined decades of archival data to reconstruct the past Still others offer a fresh look at the amazing continuity and domination of the evil Chinaman stereotype in the foreign world of American Chinatown restaurants The essays include insights from a variety of disciplines including history sociology anthropology ethnography economics phenomenology journalism food studies and film and literary criticism Chop Suey and Sushi from Sea to Shining Sea not only complements the existing scholarship and exposes the work that still needs to be done in this field but also underscores the unique and

innovative approaches that can be taken in the field of American food studies      Chow Chop Suey Anne Mendelson, 2016-11-29 Chinese food first became popular in America under the shadow of violence against Chinese aliens a despised racial minority ineligible for United States citizenship The founding of late nineteenth century chop suey restaurants that pitched an altered version of Cantonese cuisine to white patrons despite a virulently anti Chinese climate is one of several pivotal events in Anne Mendelson's thoughtful history of American Chinese food Chow Chop Suey uses cooking to trace different stages of the Chinese community's footing in the larger white society Mendelson begins with the arrival of men from the poorest district of Canton Province during the Gold Rush She describes the formation of American Chinatowns and examines the curious racial dynamic underlying the purposeful invention of hybridized Chinese American food historically prepared by Cantonese descended cooks for whites incapable of grasping Chinese culinary principles Mendelson then follows the eventual abolition of anti Chinese immigration laws and the many demographic changes that transformed the face of Chinese cooking in America during and after the Cold War Mendelson concludes with the post 1965 arrival of Chinese immigrants from Taiwan Southeast Asia and many regions of mainland China As she shows they have immeasurably enriched Chinese cooking in America but tend to form comparatively self sufficient enclaves in which they unlike their predecessors are not dependent on cooking for a white clientele

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