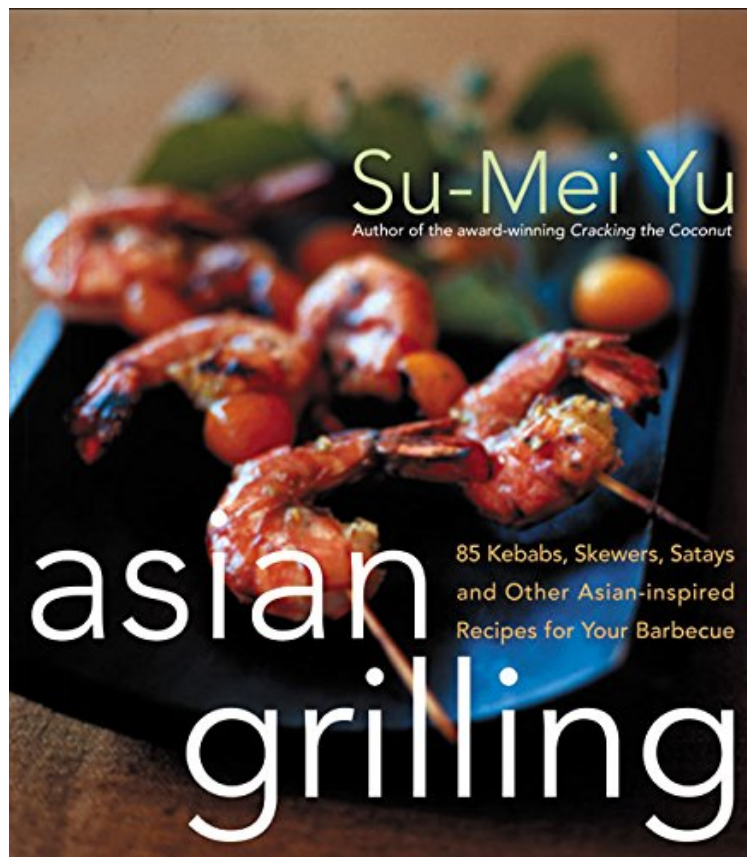


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Su-Mei Yu

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Su-Mei Yu : Asian Grilling: 85 Satay, Kebabs, Skewers and Other Asian-Inspired Recipes for Your Barbecue before purchasing it in order to gage whether or not it would be worth my time, and all praised Asian Grilling: 85 Satay, Kebabs, Skewers and Other Asian-Inspired Recipes for Your Barbecue:

43 of 44 people found the following review helpful. Mouth-watering recipes from South East Asia By C. Wallis Davenport This book is different from many Asian cookbooks in that its primary focus is on grilling techniques as they apply to Asian foods. The result is a scrumptious wealth of recipes which are truly a delight to prepare and eat. The only reason I didn't give the review 5 stars is that I found that many of the recipes were a little more time-consuming than I prefer, taking 45 minutes minimum to prepare. However, the result is food that is truly authentic Thai, Vietnamese, Chinese, Laotian, and so on. This book really delivers on the flavors of South East Asia. Most recipes call for ingredients which can be found in any grocery store, but there will be times you'll have to make a trip to your neighborhood Asian mart to discover the delight of cooking with real banana leaves, palm sugar or some of the more unusual ingredients. I would say that if you love cooking, especially on the grill, and enjoy flavorful food, you'll really

get a lot out of this book. 0 of 0 people found the following review helpful. good collection of recipes across Asia with a Thai/Vietnamese focus By Marianela M. Nothing like South East Asian cooking, especially grilled street food. This collection touches many of the classics - like various regional takes on satays. Standout recipe - shrimp-kebabs on sugarcane sticks. Only recipe that caught me as off was the Korean Bulgogi which did not mention the pear based marinade nor the fermented chili soybean paste for the final. 12 of 12 people found the following review helpful. Delicious results By SMB4 My wife and I have been visiting Thai and Vietnamese restaurants for years. I have bought several other cookbooks with little success; The recipes looked good on paper but didn't measure up. I found this book easy to follow. The ingredients were easy to find and the results were great. I would recommend this book to someone who has at least cooked some Asian food.

Now you can bring the authentic tastes and techniques of Asian grilling right into your own home. Su-Mei Yu, renowned Thai chef, teacher, restaurateur, and award-winning author of *Cracking the Coconut*, shows you just how easy it is to grill in her new book, *Asian Grilling*. Su-Mei captures the splendor and diversity of Asia's cuisines -- Chinese, Thai, Vietnamese, Korean, Indian, Burmese, Laotian, and Cambodian -- in this superb collection of 85 recipes. With Su-Mei's guidance and clearly written recipes, you'll be able to cook some of the world's most delicious grilled foods, including Indian Chicken Tandoori, Vietnamese-Style Grilled Beef in Lettuce, and Thai Grilled Pork Strips. *Asian Grilling* begins with some of the better-known Asian dishes such as Chicken Yakitori, Pork Satay, and Lamb Kebabs. Su-Mei then takes you through her own treasured recipes for Salt-Grilled Yellowtail Tuna from Japan, Vietnamese Grilled Shrimp on Sugarcane Stalks, Bulgogi (Korean Barbecued Beef), and so much more. Along with these dishes, you'll find recipes for zesty dipping sauces and flavorful relishes to enhance every bite. In the "Wrapped and Grilled" and "Grilled and Wrapped" chapters, you'll learn how each cuisine uses leaves and casings to make grilling pouches. When these pouches are opened at the table, they fill the room with a unique and savory perfume. The large green leaves of the banana plant are used to wrap everything from Malaysian Spicy Fish Cakes to Chinese-style grilled chicken. In true fusion style, Su-Mei encases a warm filling of grilled vegetables and cheese in a tortilla to make one of her favorite recipes, Thai Quesadillas. Even the ubiquitous lettuce leaf makes a great wrapper for curried lamb, grilled shrimp, and more. Grilled vegetables and salads, main course rice and noodle dishes, and even grilled fruit desserts round out this collection. There are also detailed instructions for preparing the grill and making spice pastes and essential tips on shopping for and preparing Asian ingredients. Stunning color photographs illustrate how the dishes look. Turn your kitchen into an Asian barbecue. It's easy with *Asian Grilling* by Su-Mei Yu.

.com In her award-winning *Cracking the Coconut*, Su-Mei Yu offered one of the best introductions to "cooking Thai" we have. Her *Asian Grilling* moves beyond Thailand to include the mouthwatering satays, kebabs, skewers, and other tempting grilled dishes from that country plus Vietnam, Korea, India, Burma, Laos, and Cambodia. With Su-Mei's help, and an outdoor grill, this intensely flavored food is easy to prepare; readers should waste no time in trying any of her 85 recipes, including super versions of more "familiar" fare, like Mongolian-Chinese-Style Lamb Kebabs, as well as "newer" recipes such as Garlic-and-Pepper Shrimp and Kumquats, spicy Myanmar-Style Grilled Duck, and Grilled Scallops with Pineapple-Chile Glaze in Endive. After providing key technical info (for authentic taste, Su-Mei champions use of the traditional mortar and pestle, though she also endorses the blender with a few procedural adjustments), she then offers her skewer repertoire, which can be matched with zesty dipping sauces and flavorful relishes like Tomato and Chile Sambal or Indonesian Peanut Sauce. Companion chapters, "Wrapped and Grilled" and "Grilled and Wrapped," present alternative versions of traditional case-cooking in dishes like Grilled Marinated Catfish in Banana Leaves and Korean-Style Grilled Beef in Lettuce. Equally tempting are recipes for grilled salads like the feasible-to-fix-after-work Thai-Style Grilled Eggplant Salad; noodle and rice dishes, including Soba Noodles with Grilled Vegetables and Sesame-Ginger Dressing; and grilled desserts, such as Grilled Mangoes with Ginger Syrup. With a separate section on making the required spice blends and pastes, tips on shopping, and color photos throughout, the book opens grilling vistas to those of us inclined to simply throw some hamburger on the barbie again, for want of a better way. The dishes are also just plain fun to prepare. --Arthur Boehm From Publishers Weekly Yu, owner of the restaurant Saffron in San Diego, Calif., here presents sophisticated grilled entrees and salads from Thailand, Malaysia, Korea, Vietnam and elsewhere. Cooks used to combining spices, a process more thoroughly explained in Yu's first book, *Cracking the Coconut*, will benefit from meals flavored by, for example, dry roasted white peppercorns and cumin seeds. In Savory Mushrooms in Banana Leaves, there are no fewer than 17 ingredients; however, most of them are for the spice paste. Making things easier, several marinades for example the coriander-and-lemongrass-infused Nonya-Style Chicken or Pork Satay can sit overnight. Meat and fish entrees meant for entertaining, such as Salt-Grilled Yellowtail Tuna and Grilled Duck, Pineapple and Bitter Greens Salad are balanced by quick vegetarian recipes, such as Indonesian-Style Grilled Vegetables with Peanut Dressing and Grilled Vegetables in Rice Paper. Grilled Curried Lamb Wrapped in Radicchio and Garlic-and-Pepper Shrimp and Kumquats are standouts. Those who want to add special condiments to simply grilled food will appreciate the sauces chapter (there is also a short chapter on grilling fruits). Overall, Asian-food lovers will appreciate Yu's undiluted approach and creative

exuberance. Copyright 2002 Cahners Business Information, Inc. About the Author Su-Mei Yu is the author of *Cracking the Coconut*, which won an IACP Cookbook Award in 2000 in the First Book Category, and *Asian Grilling*. She is chef-owner of the acclaimed Saffron restaurant in San Diego, California. Born of Chinese parents in Thailand, at the age of five she was enrolled in an exclusive boarding school founded by the Royal Court of Thailand. At age fifteen, Su-Mei came to an American mission boarding school in Kentucky. After graduation, she received a master's degree in social welfare. After twelve years as a social worker, she joined the graduate school of social work at San Diego State University as an assistant professor. In 1985 Su-Mei opened the first Thai restaurant in San Diego.