

(Mobile ebook) Chinese Immigrant Cooking

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Mary Tsui Ping Yee

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#1744045 in Books First Glance Books 1998-06 Original language: English PDF # 2 12.36 x .87 x 9.371, #File Name: 1885440324192 pages | File size: 60.Mb

Mary Tsui Ping Yee : Chinese Immigrant Cooking before purchasing it in order to gage whether or not it would be worth my time, and all praised Chinese Immigrant Cooking:

0 of 0 people found the following review helpful. Very nice book. By Maryandkevinaz This is a beautiful book. It's a nice, larger hardback book. There are wonderful photos of the author and her family. The text is well written and enjoyable to read. The food photographs are well done. So far I have tried 2 of the recipes. They were both terrific. I am thrilled to have this book and look forward to cooking from it for many years to come. 0 of 0 people found the following review helpful. Nice book with mouthwatering pictures. By genie This is hardcover with mouthwater pictures. Some recipes is basic chinese not as authentic as I want to be. It is still a good book for those beginners who wanted to try chinese cooking. 0 of 0 people found the following review helpful. Home Cooking By RONALD Very Good Like Home Cooking i use it daily very authentic recipe if you like original Chinese food the old fashion way

Mary Ts'ue-Ping Yee's happiest memories of growing up in Pennsylvania are associated with the meals her mother cooked every day. A Chinese hand laundry is an unlikely setting for great food, but for eighteen years Yee thrived on dishes that boasted the authentic flavor and variety of the best Cantonese cooking. As an adult, she's tasted fine cuisine in many places, but for food that pleases the palate and warms the heart, she always prefers the home-cooked meals of her childhood, which are lovingly collected in this volume. This style of cooking -- the chief characteristic of her parents' native province of Guangdong -- demands fresh ingredients, so Yee's parents followed the tradition of

adapting the produce of their new home to the flavors of the old. Like all Cantonese cooks, her mother took pride in her creative variations and put her unique stamp on everything she cooked. Day in and day out, she created meals that were tasty, nutritious, and never boring. Yee also recalls the "comfort" food that her mother cooked for her when she came down with a cold: a hot bowl of rice juk (congee, or gruel) topped by a poached egg, green onions, and a bit of oyster sauce for seasoning. It went down a sore throat very smoothly. Chewing a piece of ginger effectively "cleared the system". Yee's family believed that food and health were vitally linked. If the balance of elements -- "heating" and "cooling" foods -- was not matched to the season, then illness was more likely. It was a low-fat, high vegetable diet that contributed to the family's well-being -- and will appeal to today's health-conscious cook. This title is the second of many to come in the First Glance Immigrant Cookbook series.