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# Chinese Regional Cooking: Authentic Recipes from the Liang School

*Lucille Liang*

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**Lucille Liang : Chinese Regional Cooking: Authentic Recipes from the Liang School** before purchasing it in order to gage whether or not it would be worth my time, and all praised Chinese Regional Cooking: Authentic Recipes from the Liang School:

Born in China and grew up in Hong Kong and Taiwan, Lucille Liang graduated from National Taiwan University with a B.A. in English Literature. Lucille worked as an editor for Holt, Rinehart and Winston and was an instructor of Chinese language in the summer program of the Far Eastern division of Columbia University. After becoming a proprietor of Chinese Cooking School in Pleasantville, she has had two cookbooks published by Sterling Publishing Co. in New York: "Regional Chinese Cooking" and "Dim Sum Made Easy." Lucille was the owner of the successful Chinese restaurant Flower Dragon in Armonk, NY, and the Liang Chinese cooking school, as well as a Chinese grocery store. This cookbook is broken into the four regional cooking styles of China: 1) Dishes Typical of Eastern China (Shanghai Style) such as Empress Chicken and Quail Eggs in Brown Sauce; 2) Dishes Typical of Northern China (Peking, Shantung) such as Peking Hot and Sour Soup and Mu Shu Pork with Pancakes; 3) Dishes Typical of Western China (Szechuan and Hunan) such as Kung Pao Chicken and Stuffed Eggplant; and 4) Dishes Typical of Southern China (Cantonese) such as Roast Pork Lomein and Shrimp in Lobster Sauce. There is also a chapter on

Chinese Hors D'Oeuvres and Chinese Desserts as well as an Appendices with sample suggested menus, basic cutting techniques, basic Chinese cooking methods, Chinese cooking utensils, and how to cook perfect rice.