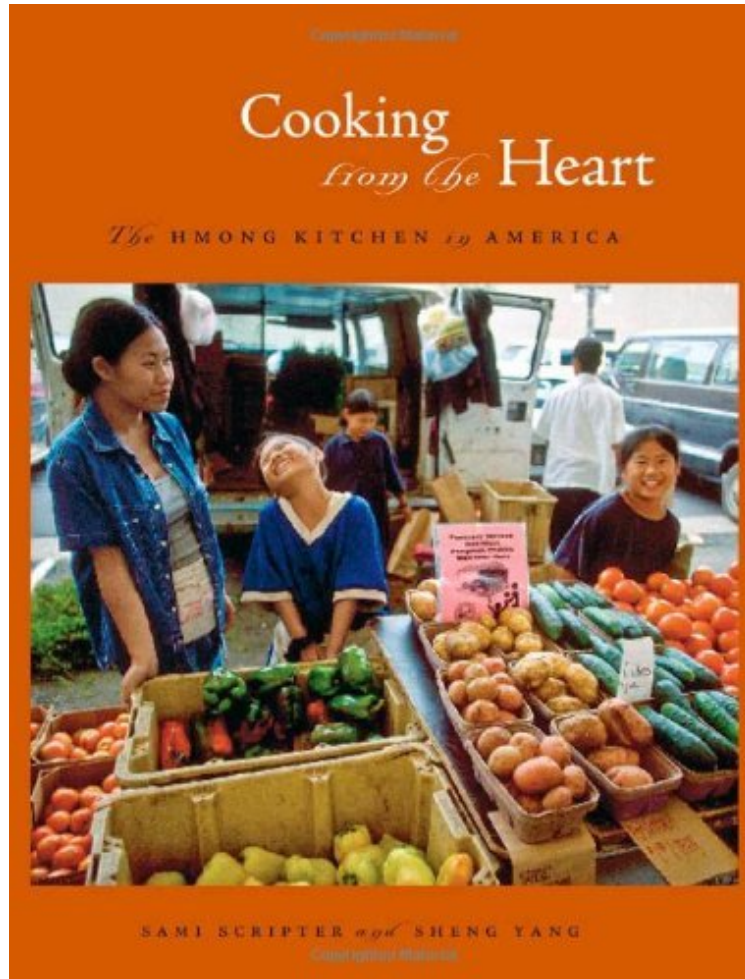


[Free pdf] Cooking from the Heart: The Hmong Kitchen in America

Cooking from the Heart: The Hmong Kitchen in America

Sami Scriptor

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Sami Scriptor : Cooking from the Heart: The Hmong Kitchen in America before purchasing it in order to gage whether or not it would be worth my time, and all praised Cooking from the Heart: The Hmong Kitchen in America:

4 of 4 people found the following review helpful. Very exciting!By CissaI am not Hmong, nor is my family. However, I grew up in the Twin Cities, MN, and by the time I was in college, there were a lot of great Hmong restaurants around! I grew to adore the cuisine. And then I married, and moved to the NE, and alas! no more Hmong goodness that I could find! All the time I was pregnant with my daughter, I longed for it, especially the "eggrolls"... and nothing. (My daughter is now 28!)But! At last, a cookbook! I am somewhat familiar with Thai and various Chinese cuisines, so the recipes don't put me off. And! there is a recipe for my adored "eggrolls"! OK, it's a bit different then the ones I remember- which didn't have shrimp- but it's REALLY close. And I have been looking for such for nigh on 30 years now.Plus, all the other delights, like many versions of larb, and a vast array of condiments and sauces.Also- besides the recipes, it has many essays on various aspects of Hmong life and culture, and they are well-written and fascinating.I have not yet really cooked from it, though I've made up a couple of the condiments, which were

excellent. I am really looking forward to making the "eggrolls"! although it looks like a full-day job; I can see why traditionally they have parties to make them up (the recipe makes *150*)! I am thrilled to have this resource- both for all the information, and for the authentic recipes. 19 of 19 people found the following review helpful. The best source of Hmong cooking ever.....By Eric Baker I bought this book after years of searching for an accurate cooking guide to Hmong food as my partner is Hmong and I wanted to be able to cook authentic for him. Not only does this book contain delicious authentic recipes but it explains the traditions surrounding the serving of that food. I just made the Chicken Larb last week and even his father and mother said it was great and they came over from the camps in Thailand several years ago. If you ever want to cook traditional Hmong food buy this book, it is invaluable ! Thank you to the authors for bringing these spoken word traditions into the written world, I am forever in your debt. 3 of 3 people found the following review helpful. Every Hmong person should own one! By MsTangerine I am Hmong, so when I came across this book I just HAD to get it. Most of the things in the book I already knew how to make, but there are several recipes in it that I have yet to master. The recipes were very straight forward and easy to follow. I especially like how the book talks about the culture! The downside to this cookbook is that there aren't much pictures to show the readers how something is SUPPOSE to look like. There are only a total of 12 colored pictures in the book. In all, I think that every Hmong person should own a copy and cherish it, for it would be forgotten one day. The younger generation is being forgetful in their cultures' food, so they resort to Mcdonald's and THAT IS NOT REAL FOOD!!! I'm soooooo glad I purchased this cookbook!

More than simply a recipe book for Hmong cuisine, this title sets out the culinary traditions of the South Asian Hmong people and at the same time examines the cultural significance such traditions hold. The recipes in the book are accompanied by anecdotes, aphorisms and poems that help place cooking at the centre of Hmong culture.

About the Author Sami Scriptor, a retired educator, lives in Portland, Oregon. Born in Laos, Sheng Yang now lives in Sacramento, California, where she works as a medical assistant.