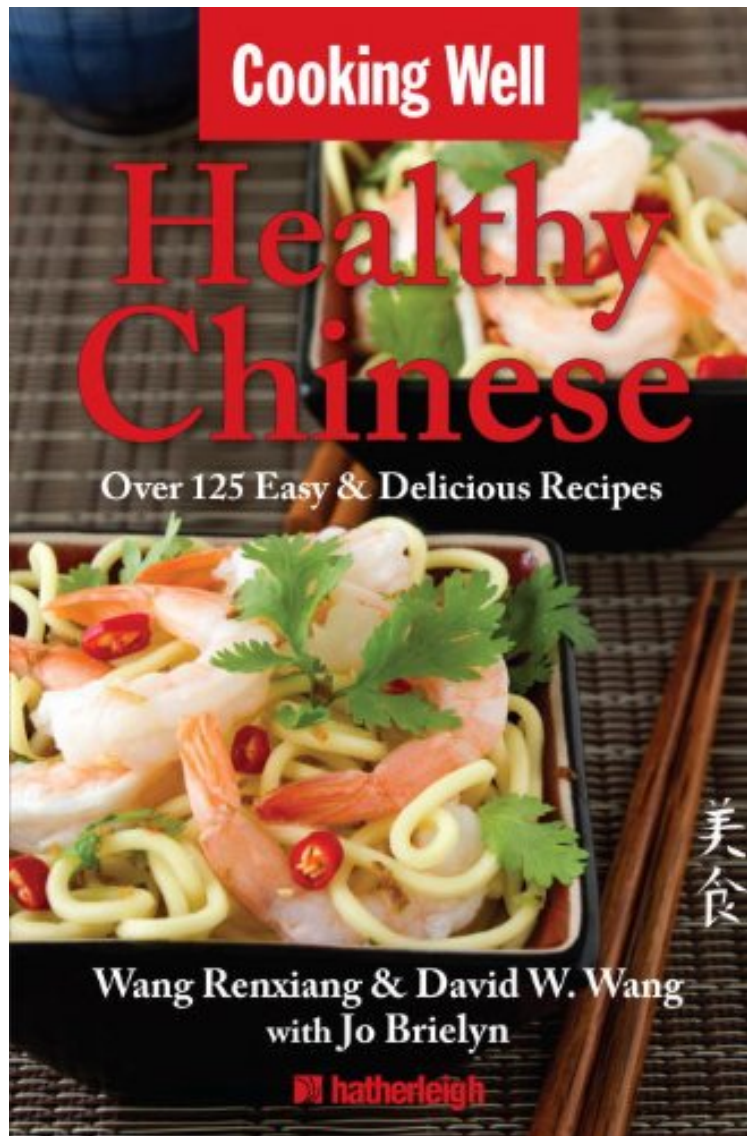


## Cooking Well: Healthy Chinese: Over 125 Easy Delicious Recipes

David Wang, Wang Renxiang, Jo Brielyn  
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**David Wang, Wang Renxiang, Jo Brielyn : Cooking Well: Healthy Chinese: Over 125 Easy Delicious Recipes** before purchasing it in order to gage whether or not it would be worth my time, and all praised Cooking Well: Healthy Chinese: Over 125 Easy Delicious Recipes:

0 of 0 people found the following review helpful. It touches the healthy root of Chinese FoodBy A CustomerNot enough to claim it's healthy, but needs to explain why it's healthy and delicious. This new book just does that and hence why I like it a lot.

Enjoy a healthy, balanced diet with authentic Chinese cuisine! The artistry of Chinese cooking lies in the attention to every detail of a dish's preparation. Empowered by a deep culture of harmony and balance, making the most of the health benefits of each ingredient, and presenting each meal in an attractive, appetizing way are the three hallmarks of true Chinese cuisine. With *Cooking Well: Healthy Chinese*, you and your family can enjoy the wonderful tastes, colors, and aromas of Chinese cooking. Whether you're looking for well-known dishes such as Chicken Chow Mein and Kung Pao Chicken, or are interested in trying traditional Chinese recipes, *Cooking Well: Healthy Chinese* has something for everyone. Each recipe has been designed to incorporate healthy and convenient cooking methods and ingredients, making it easier than ever to bring nutritious, authentic Chinese cooking into your home. *Cooking Well: Healthy Chinese* also includes:

- An overview of authentic Chinese ingredients like tofu, winter melon, and bamboo shoots and their nutritional benefits
- Healthy alternatives to traditional Chinese ingredients, as well as low-oil preparations and healthy stir-fries to suit any diet
- Step-by-step instructions and helpful tips on Chinese cooking techniques and ingredients for beginner chefs and those new to Chinese cooking
- A guide to authentic Chinese ingredients and where to find them

*Cooking Well: Healthy Chinese* contains over 125 traditional and popularized recipes including Spicy Szechuan-Style Noodles, Pork and Shrimp Wontons, Chicken with Enoki Mushroom Soup, Stir-Fried Chicken with Sweet Flour Sauce, Sweet and Sour Chicken with Vegetables, Chicken with Goji Berries and Chinese Yam, Red Bean Cake, and many more!

About the Author Wang Renxiang is an eminent archaeologist in China. One of his major research areas has been on the dietetic culture from the perspective of archaeology. He has published many books in Chinese on the subjects of gourmet food, cooking, and culture. David W. Wang is a senior consultant of international business and cross-cultural communications based in Washington, D.C. He is the author of the recent worldwide best-selling book, *Decoding the Dragon's Mindset*. Jo Brielyn is the co-author of *Combat Fat for Kids: The Complete Plan for Family Fitness, Nutrition, and Health*. She is also a contributing writer for Hatherleigh Press and has currently completed 14 other nonfiction books about health and wellness.

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Excerpt from Chapter 4: The Recipes

Chicken Chow Mein

Ingredients 1 boneless, skinless chicken breast (about 8 ounces), cut into thin shreds 1 teaspoon cornstarch 1/3 teaspoon salt 1 teaspoon soy sauce 1/4 cup water 1/2 pound Chinese egg noodles 2 tablespoons cooking oil 1 clove garlic, sliced 1 teaspoon minced ginger 1/2 pound mung bean sprouts 1/2 cup shredded cabbage 1/2 red bell pepper, thinly shredded 1 tablespoon chopped green onion (scallions) 1 tablespoon oyster sauce 1/4 cup chicken broth 1 tablespoon soy sauce 1/2 teaspoon sesame oil Salt, to taste

Directions 1. Marinate chicken breasts with 1 teaspoon of cornstarch, 1/3 teaspoon of salt, and 1 teaspoon of soy sauce for 15 minutes. 2. In a large saucepan, add enough water and boil noodles. Stir to separate. Cook until tender but still firm. Drain and rinse with cold water. Drain again and set aside. 3. Heat the wok. Add 1 tablespoon of cooking oil. When the oil is heated, add garlic and minced ginger. Stir for 20 seconds to bring out the fragrance. 4. Add marinated chicken shreds. Stir-fry until cooked. Remove and set aside. 5. Add 1/2 teaspoon oil, heating until hot. Add mung bean sprouts, cabbage, and red pepper shreds. Stir quickly for 1-2 minutes until mung bean sprouts are soft but still crispy. Remove and set aside. 6. Add remaining cooking oil in the wok and heat until hot. Add green onions, salt, soy sauce, oyster sauce, and chicken broth. Add noodles, bean sprouts, red bell pepper, and chicken shreds. Stir until sauces are well-absorbed and well-mixed. 7. Toss in sesame oil.

Beef and Bell Pepper with Black Bean Sauce

Ingredients 8 ounces lean beef 1 teaspoon soy sauce 1 teaspoon rice wine 1 teaspoon sugar 1/4 teaspoon cornstarch 1/4 teaspoon salt 1 teaspoon minced ginger 2 tablespoons cooking oil 1/2 green bell pepper, cut into small cubes 1 tablespoon fermented black bean, coarsely crushed 1/2 red bell pepper, cut into small cubes Drops sesame oil

Directions 1. Cut beef into very thin slices across the grain. Marinate with 1 teaspoon of soy sauce, 1 teaspoon of rice wine, 1 teaspoon of sugar, 1/4 teaspoon of cornstarch, 1/4 teaspoon of salt, and 1 teaspoon of minced ginger. 2. Heat the wok over medium-high heat. Add 1 teaspoon of oil. 3. Add green bell pepper cubes and stir until 80 percent cooked. Remove and set aside. 4. Reheat the wok over high heat, adding the remaining cooking oil. 5. Add beef slices. Stir quickly and separate pieces completely. 6. When color changes, add black beans while continuing to stir in order to mix with beef slices. 7. Add red bell pepper cubes and stir for another minute. 8. Remove from heat and place on a serving plate. Sprinkle sesame oil on top.

Note Fermented black bean, also called preserved black bean, is a type of fermented and salted soybean, known in Chinese as douchi. It is made by fermenting and salting black soybeans. The process turns the beans black, soft, and mostly dry. The aroma is sharp, pungent, and spicy in smell, with a taste that is salty and somewhat bitter and sweet. They are most widely used for making black bean sauce. It can be found in many Asian grocery stores.