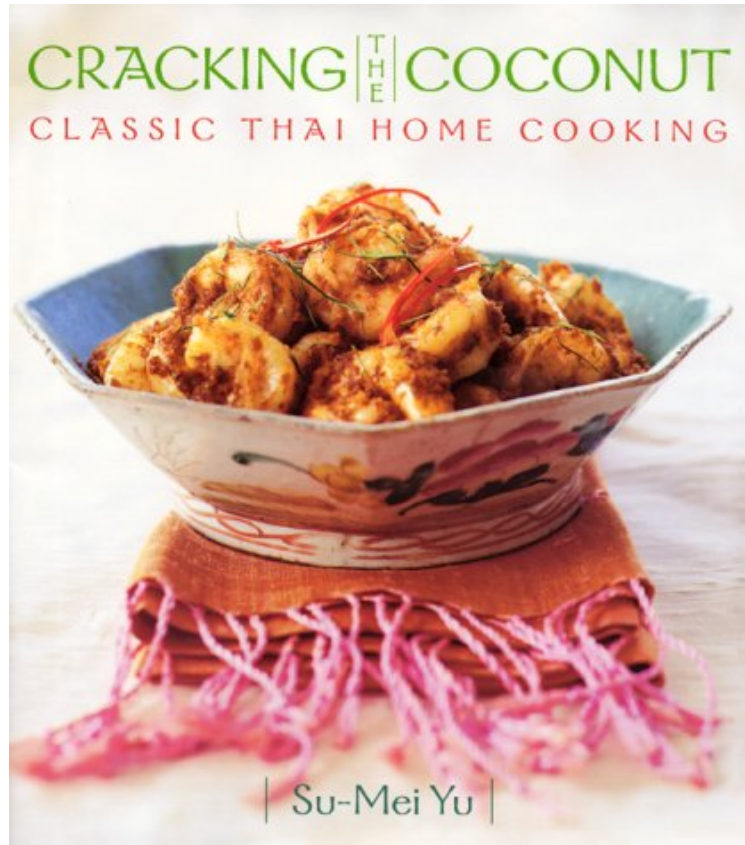


(Read download) Cracking the Coconut: Classic Thai Home Cooking

Cracking the Coconut: Classic Thai Home Cooking

Su-mei Yu

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Su-mei Yu : Cracking the Coconut: Classic Thai Home Cooking before purchasing it in order to gage whether or not it would be worth my time, and all praised Cracking the Coconut: Classic Thai Home Cooking:

For centuries Thai cooking has been among the world's most highly regarded cuisines and also among the most mysterious. For the first time the tastes, techniques, and traditions of Thai home cooking have been gathered into one extraordinary book: Cracking the Coconut by renowned Thai chef, teacher, and writer Su-Mei Yu. More than a simple recipe book, this is a masterful work about the art and history of Thai cooking and the people who have shaped it. But, most important, it's about preparing, eating, and thoroughly enjoying the food of Thailand. By taking readers step by step through shopping, preparing, and serving, Cracking the Coconut dispels the notion that Thai cooking is difficult. With Su-Mei's engaging narrative and easy-to-follow recipes, Thai cooking is suddenly accessible to everyone. The wonder of Thai food begins with exquisite contrasts in flavors and textures. Su-Mei carefully explains each ingredient and its importance. Rice is the soul of Thai cooking; coconut is its heart; salt, garlic, cilantro, and peppercorns are its

spirit; chile water is the crown jewel; and chiles (prik) and fish sauce (nam pla) are the high notes and accents in the final dish. Su-Mei shows you how, through the simple acts of mincing, pounding, and grinding, spices release their wonderfully fragrant oils and scents as they evolve into pastes. These spice pastes are what adds the intensity and depth of flavor so unique to Thai cooking. And of course, there are very detailed instructions for cracking a coconut. You'll be able to create such evocatively titled dishes as Crying Tiger, Galloping Horse, and A Thief's Salad, which taste as intriguing as they sound. More familiar dishes such as sateacute; with peanut sauce, mee krob, cucumber salad, and padd Thai will easily become family favorites. Cracking the Coconut allows cooks of all levels to re-create the beauty and elegance of Thai home cooking in their own kitchens. From silky Steamed Fish Custard in Banana Pouches and Spicy Green Papaya Salad to zesty sauces and accompaniments to desserts that rival those of any cuisine, Cracking the Coconut will take you on a culinary journey never before possible.