

[Download] From the Earth: Chinese Vegetarian Cooking

From the Earth: Chinese Vegetarian Cooking

Eileen Yin-Fei Lo

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#261529 in Books 1995-04 Original language: English PDF # 1 9.75 x 7.75 x 1.251, #File Name: 0026329859336 pages | File size: 41.Mb

Eileen Yin-Fei Lo : From the Earth: Chinese Vegetarian Cooking before purchasing it in order to gage whether or not it would be worth my time, and all praised From the Earth: Chinese Vegetarian Cooking:

0 of 0 people found the following review helpful. One of the best cookbooks on my shelf. Concise yet thorough, with great tips on technique and ingredients. By A. A. One of the best cookbooks on my shelf. Each recipe has a brief explanation with useful and meaningful background on its significance, as well as notes on the ingredients and cooking tips. This gives the recipes a context. For example, the recipe on "Chinese Mushrooms Stir-Fried with Cabbage" contains a note on how the cabbage and mushrooms have contrasting flavors that create a harmonious dish. The Steamed Chinese Eggplant recipe notes how Chinese eggplants are sweeter than Western eggplants, whereas the Steamed Eggplant with Red Peppers recipe notes why the author prefers Western eggplants for that dish. There are plenty of vegetable-heavy recipes. There is a fabulous glossary on common ingredients in Chinese cooking, as well as a section on cooking techniques. Every section is concise and highly effective. This cookbook taught me basic techniques and recipe styles very quickly, and every recipe I've made has been absolutely delicious. You will need

access to a standard Asian grocery store, and you should be willing to invest the time and money into stocking your pantry. However, once you do, this book will help you get off the ground quickly. I would highly, highly recommend this cookbook. 0 of 0 people found the following review helpful. What is buckthorn seed? By Kendall T. Shaw I know that there is a way to ask a question, but I am not finding how to do that. In this book, the first vegetable stock recipe uses an ingredient "buckthorn seed" which is said to come in 1/2 lb bags in Asian markets. Is this "sea buckthorn" *Hippophae rhamnoides* Sh?jí z? ????[...] No herbalist or Asian market has heard of such a thing as far as I have found so far. If it was common in New Jersey around 1995 I have doubts that it is the above ingredient. Can someone clarify? 0 of 0 people found the following review helpful. Good background info on Chinese cooking By Biogyro Solid cookbook. Good background info on Chinese cooking. I use it.

One of the best known experts on Chinese food draws on her reminiscences of the foods of her childhood to create 200 exciting vegetarian recipes--many of which make use of commonly available ingredients--and describes the techniques used to prepare them. 40 line drawings.

From Library Journal Yin-Fei Lo, an authority on Chinese cooking and author of several other cookbooks, presents dozens of delicious and unusual Chinese vegetarian dishes. Some are recipes from her childhood and family, others are the "real" versions of dishes served in Chinese American recipes, and still others are her versions of classic dishes or her own innovations, often using ingredients not traditionally available in China. The readable headnotes give a good sense of the symbolism inherent in all of Chinese cooking, and a special chapter is devoted to the vegetarian dishes created in Buddhist temple kitchens. Highly recommended. Copyright 1995 Reed Business Information, Inc. From Booklist The culinary tidbits that Lo includes in her salute to earth foods are almost as intriguing as her more than 200 mainly vegetable recipes. Vegetarian Buddhists may eat only three types of seafood--mussels, clams, and oysters. The turnip cakes enjoyed at the Lunar New Year are a symbol that good fortune is rising, and so on. She insists on and explains the gathering together of the right stuff and learning the right techniques; a carbon-steel wok and cleaver, for example, are the two critical pieces of equipment in Chinese cooking. The best part of the book are the dishes--some tied to tradition, others the product of Lo's imagination. The need for exotic ingredients, from buckthorn seeds to red dates, may be the only deterrent to reader-cooks. Barbara Jacobs