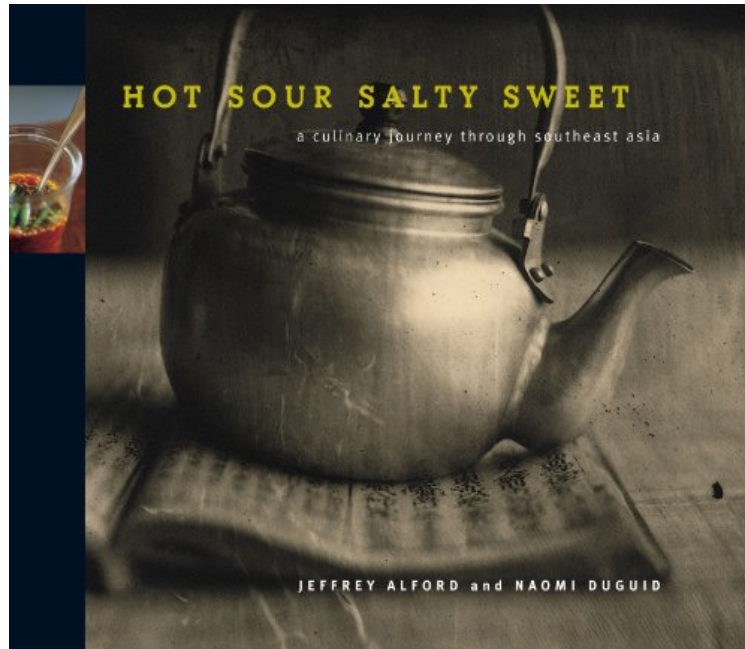


(Ebook free) Hot Sour Salty Sweet: A Culinary Journey Through Southeast Asia

Hot Sour Salty Sweet: A Culinary Journey Through Southeast Asia

Jeffrey Alford, Naomi Duguid

DOC | *audiobook | ebooks | Download PDF | ePub



 Download

 Read Online

#238084 in Books Artisan 2000-10-02Ingredients: Example IngredientsOriginal language:EnglishPDF # 1
11.31 x 1.13 x 10.061, 4.30 #File Name: 1579651143346 pages | File size: 79.Mb

Jeffrey Alford, Naomi Duguid : Hot Sour Salty Sweet: A Culinary Journey Through Southeast Asia before purchasing it in order to gage whether or not it would be worth my time, and all praised Hot Sour Salty Sweet: A Culinary Journey Through Southeast Asia:

3 of 3 people found the following review helpful. Total Experience.By nancy worth davisThis is not just a beautiful book but it inspires beautiful food. The recipes are very good, but by reading the recipes you can make your own dishes with the ingredients you have available. This is a great concept book. If you have some experience in the kitchen, you can apply the concepts in the book to your own style. Reading this book is a journey deep into the experience of Southeast Asia. It is as much a travel log and a book of amazing little photographs as it is a cook book. Highly recommend it.23 of 23 people found the following review helpful. A Rich Tapestry of SE Asian FoodsBy I. SeligmanIf you have curiosity and interest in Asian foods, (and have gotten this far with your curiosity and interests!) you will be very pleased by your reading of "Hot Sour Salty Sweet". It starts out with geography...the flow of the Mekong River from China, as it touches on Burma and Thailand, and goes right through Laos, Cambodia and South Vietnam.As the river meanders, then builds up force, the authors' tale grows stronger and richer as well. As you learn about the complex network of varied peoples, (yet quite different in culture and tastes) who are spread across this riverbed, be it the Han, Hmong, Bai, Karen, or Khmer and Cham, you are introduced by the nuances of geography, recipes and tribal descriptions to the people, and to the unique foods and diets enjoyed with each region's local spices and traditions. One group may never use pork, another uses fish sauce instead of salt, water buffalo is the preferred meat in some regions, coconuts do not grow in the North and stronger spices tend to be used there, with coconut milk and seafood more commonly used as the river heads south towards the Mekong delta.Ever wonder why some Chinese or Thai restaurants taste "different" from each other, even in the USA or whatever country you may be sampling such

cuisine? Well, this book may at times educate you (just a little bit) to the ethnic origin of the person as they cook the food with their own special touches added. Ask the cook at your restaurant about their culinary background, to learn more! The recipes can be transformed from printed page into tasty food with a visit to a local Asian grocery store, if available, visiting "Whole Foods" or "Fresh Market" type specialty grocery stores in larger cities, or via internet shopping to find a mail order source. The ingredients are not really expensive, and a regular person can make some common sense substitutions, to have a quite tasty meal. I freeze the white bases of lemongrass stalks cut to size, and separately freeze some herbs in their individual ice cube trays, and they are quite tasty when melted down. Do not use dried lemongrass, as it lacks the right taste! So, having uncommon ingredients handy isn't such a problem, especially when you may not cook more than one or two Asian meals within a few month period. The recipe instructions are simple and thorough; these are not complex and delicate French sauces to be carefully created over hours... however, the complexity of tastes and textures of some Asian dishes can be no less complex than French, Indian or other cuisines. Having a wok and gas stove/range is helpful for some recipes, however I've done quite well with a skillet on an electric/ceramic top stove. If you really want to "cook with gas", get the "Big Kahuna Burner" ...it's exactly the firepower used throughout Asia, and the price is right on ! (I've reviewed it on , and have no bias or connection to it other than it's "the real thing"!) The special bonus in the book is the inclusion of beautiful colorful photos of the varied peoples in the area served by the Mekong, as they harvest food, prepare and eat it, or go about their business. This makes me want to go back and see, taste and savor more of Asia! 2 of 2 people found the following review helpful. This is my favorite cookbook! I own hundreds of cookbooks because I ...By ?? This is my favorite cookbook! I own hundreds of cookbooks because I am a food blogger and researcher. I look for pleasing photographs of the finished recipe, easy to find ingredients, and clear instructions to put all of this together. This has an authentic look in the Vietnamese culinary landscape and I never allow myself to run out of the Vietnam table sauce!!! For a Pennsylvania girl who doesn't live near any Vietnamese cuisine.....this was the right choice for me!!!!

Luminous at dawn and dusk, the Mekong is a river road, a vibrant artery that defines a vast and fascinating region. Here, along the world's tenth largest river, which rises in Tibet and joins the sea in Vietnam, traditions mingle and exquisite food prevails. Award-winning authors Jeffrey Alford and Naomi Duguid followed the river south, as it flows through the mountain gorges of southern China, to Burma and into Laos and Thailand. For a while the right bank of the river is in Thailand, but then it becomes solely Lao on its way to Cambodia. Only after three thousand miles does it finally enter Vietnam and then the South China Sea. It was during their travels that Alford and Duguid—who ate traditional foods in villages and small towns and learned techniques and ingredients from cooks and market vendors—came to realize that the local cuisines, like those of the Mediterranean, share a distinctive culinary approach: Each cuisine balances, with grace and style, the regional flavor quartet of hot, sour, salty, and sweet. This book, aptly titled, is the result of their journeys. Like Alford and Duguid's two previous works, *Flatbreads and Flavors* ("a certifiable publishing event" —Vogue) and *Seductions of Rice* ("simply stunning"—The New York Times), this book is a glorious combination of travel and taste, presenting enticing recipes in "an odyssey rich in travel anecdote" (National Geographic Traveler). The book's more than 175 recipes for spicy salsas, welcoming soups, grilled meat salads, and exotic desserts are accompanied by evocative stories about places and people. The recipes and stories are gorgeously illustrated throughout with more than 150 full-color food and travel photographs. In each chapter, from Salsas to Street Foods, Noodles to Desserts, dishes from different cuisines within the region appear side by side: A hearty Lao chicken soup is next to a Vietnamese ginger-chicken soup; a Thai vegetable stir-fry comes after spicy stir-fried potatoes from southwest China. The book invites a flexible approach to cooking and eating, for dishes from different places can be happily served and eaten together: Thai Grilled Chicken with Hot and Sweet Dipping Sauce pairs beautifully with Vietnamese Green Papaya Salad and Lao sticky rice. North Americans have come to love Southeast Asian food for its bright, fresh flavors. But beyond the dishes themselves, one of the most attractive aspects of Southeast Asian food is the life that surrounds it. In Southeast Asia, people eat for joy. The palate is wildly eclectic, proudly unrestrained. In *Hot, Sour, Salty, Sweet*, at last this great culinary region is celebrated with all the passion, color, and life that it deserves.

.com The Mekong region, which extends south from China through Laos and Thailand to Cambodia and Vietnam, offers extraordinary food. *Hot Sour Salty Sweet*, which takes its name from the principal taste sensations of the region's cooking, provides an unparalleled culinary journey through this fertile land. Though the book contains a wealth of anecdotal material, its great strength lies in its 175 recipes, explicit formulas for the likes of Shrimp in Hot Lime Leaf Broth, Lao Yellow Rice and Duck, and Hui Beef Stew with Chick Peas and Anise. The breadth and substance of this authentic yet approachable collection is truly exciting; readers who cook from the book (not difficult to do once ingredients are assembled and techniques understood), as well as those searching for the best kind of armchair travel, will be delighted. Beginning with a discussion of the Mekong region, its people (a complicated mix, among them the Kai, Akha, and Cham), and their characteristic foods, the book then provides recipes organized by ingredients, dish types, and topics such as "Everyday Dependable," "One-Dish Meals," "Kids Like It," and "Vegetarian

Options." This latter style of division helps define and "domesticate" a vast array of cooking, often enjoyed at times and places foreign to Westerners. Chapters devoted to such sweets as Tapioca and Corn Pudding with Coconut Cream, grilled specialties, and fare for adventurous cooks, such as Aromatic Steamed Fish Curry (more painstaking technically, though not truly difficult) further widen the book's scope. Illustrated throughout with 150 color photos and containing a comprehensive ingredient glossary, the book is a definitive point of entry to a mostly unexplored culinary port of call. --Arthur Boehm
From Publishers Weekly
With their usual ?lan, Alford and Duguid (Flatbreads and Flavors; Seductions of Rice) follow the Mekong River through southeast Asia (Vietnam, Thailand, Cambodia, Burma and the Chinese Yunnan region) to bring home a trove of delicious, unusual recipes. Fans of their earlier books may be disappointed to see that their latest volume often revisits earlier themes. Still, there are enough uncommon recipes here to keep even the most inveterate cookbook reader discovering new flavor combinations. (Consider Vietnamese Baked Cinnamon P?t? and Smoked Fish and Green Mango.) As in their other books, the authors display a specificity and a knowledge of this part of the world that is staggering, as well as a heartfelt reverence for the foods that "real" people eat. Vietnamese Beef Ball Soup, for example, is commonly sold by street vendors, and Shan Salad with Cellophane Noodles was picked up from an acquaintance who lives on the Shan State-Thai border. The provenance of each recipe is provided so that readers may clearly distinguish between multifaceted Thai cuisine and French-influenced Vietnamese foods such as Saigon Subs on baguettes. One-page mini-essays on the pair's travel experiences are truly a treat; they cover topics such as fermented fish and the city of Vientiane. With this third book, Alford and Duguid prove that they are fast producing a body of work that commands serious admiration. The hypnotic black-and-white cover photo of a teapot in soft focus will have book buyers lingering in the aisles. Copyright 2000 Reed Business Information, Inc. "...this is a breakthrough book. "Hot Sour Salty Sweet" is a major contribution to the field." -- The New York Times
"Alford and Duguid's tastes and talents...are elegantly pressed between the covers of this handsome book." -- Christian Science Monitor
"Once every five years or so there comes along a cookbook that transcends the category....This is such a work." -- Los Angeles Times