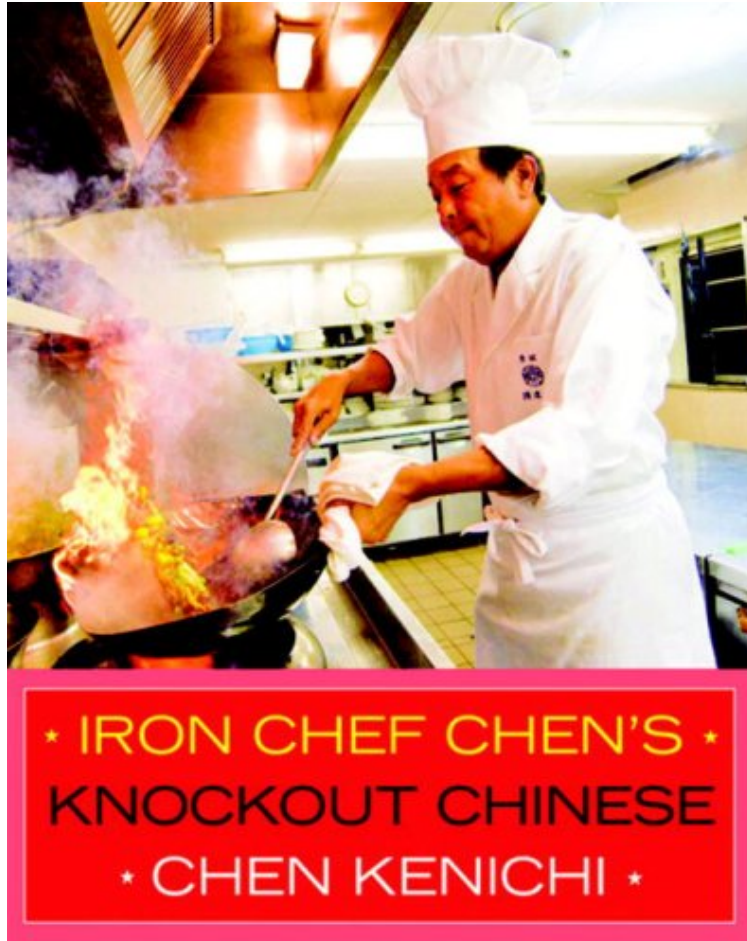


Iron Chef Chen's Knockout Chinese

Chen Kenichi

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#786907 in Books Vertical 2009-05-26 2009-05-26Ingredients: Example IngredientsOriginal language:EnglishPDF # 1 9.45 x .27 x 7.50l, .73 #File Name: 1934287466112 pages | File size: 48.Mb

Chen Kenichi : Iron Chef Chen's Knockout Chinese before purchasing it in order to gage whether or not it would be worth my time, and all praised Iron Chef Chen's Knockout Chinese:

1 of 1 people found the following review helpful. wowBy TheGuyI love this cookbook. I've always loved iron chef and I wanted to reproduce some of his food. The recipes are more simplistic than the ones on iron chef which he obviously had to produce for the show appeal as well, but they all sound really good and the few I've made are perfectly balanced.The recipes (like I said) are mostly more simple than his TV concoctions, some of them have slightly vague directions, but the color photos for this book are really great and show step by step the portions. I actually prefer this because you don't get caught up in the details. You can just look the pictures and throw stuff in, and refer to the directions if you want a little clarification. I think it's a well balanced book, I just wish the other iron chefs had similar books.You can tell these are the real recipes that are the heart of his more extravagant TV creations.6 of 6 people found the following review helpful. Easy and Solid Chinese Cooking from a TV Legend!By A. HsuI basically

bought this book to make the "famed" Mapo Tofu that would appear regularly during Iron Chef Chen Kenichi's but was pleased with the rest of the book based on its usefulness in everyday cooking or at least ideas. Some of the recipes are inventive and others are very simple, all with step by step instructions, pictures, and tips. All of the ingredients called for are very common, if not in normal supermarkets, available at asian markets or specialty chains, such as whole foods. There is something for everyone. One thing I did not like about the book was heavy use of starch slurry (cornstarch/water thickener) throughout the book. Although I know it is a very common ingredient in classic Chinese cooking and cook with it regularly to create texture and consistency in sauces and soups, I feel there is a side of Chinese cooking that can be very clean and refreshing without the use of cornstarch, but then again this is restaurant style cooking. That in mind, the person making these recipes can adjust on their own as they please according to tastes, etc. As for the Mapo Tofu. Delicious! I enjoy spicy food, like really spicy food, but beware, Chen is the Prince of Sichuan Cooking. 0 of 0 people found the following review helpful. A very good book for fans of Iron Chef By Dr. Jones This is a fun cookbook. It is intended for fans of Iron Chef, which if you happen to be, you will be very happy. It contains some recipes that will resonate with watchers of the show. The only reason I am giving it four stars is that it contains too many pictures and loses focus at points. It is fun to look at, but is not really all that useful for serious cooking. Still, a fun little cookbook.

Iron Chef Chen's Knockout Chinese presents more than 50 easy-to-prepare recipes using the signature unique approach of a true Iron Chef. Subjects and dishes include: Easy-to-make side dishes: Steamed garlic shrimp / Grilled mushroom with sesame sauce / Honey flavored chicken wings Dining for One: Egg soba noodles / Fried pork over rice / Spicy spaghetti with broccoli Dinner from Leftovers: Leftover vegetables and pork stir fry / Tossed grilled pork and onion / Cream of broccoli Sichuan Style: Spicy Tofu / Beef and vegetable stew Favorites: Tossed tofu and spring greens / Chinese style steak Fried Rice and Soup: Five-ingredient Fried rice / Rice soup / Steamed pork soup Fresh Fruits: Fried banana balls with honey / Cherry and shrimp stir fry / Apple and pork fry Seasonal Dishes: Asparagus and chicken stir fry / Large pepper stir fry / Chestnut and chicken stir fry Chinese Desserts: Sweet cinnamon rice balls / Apple and coconut milk / Pomegranate jello

About the Author A Chinese of Japanese nationality born January 5, 1956 in Tokyo, Japan, Chen Kenichi is best known as the Iron Chef Chinese on the original Japanese Iron Chef television series. He is the only Iron Chef to have held his position on the show throughout its 6-year run. As the son of Chen Kenmin, who is regarded as the father of Sichuan cuisine in Japan, Kenichi is often compared to his father on the series, with some saying that Iron Chef helped the son exceed the skills of the father. Despite the fact that he is the only lifetime and longest-serving Iron Chef, Chen had considered leaving the show on several occasions. Among his reasons was the desire to tend to his restaurants--which, unsurprisingly, had become fully-booked every night since the show's beginning--as well as suffering a bout of depression following the death of his mother. It was fellow Iron Chef Hiroyuki Sakai who convinced Chen to stay, both agreeing that should one leave, so would the other. Because of his long tenure, Chen has fought more battles than any other Iron Chef--a whopping 92 in all--with a win/loss record of 67/23, including a record 14 consecutive victories.