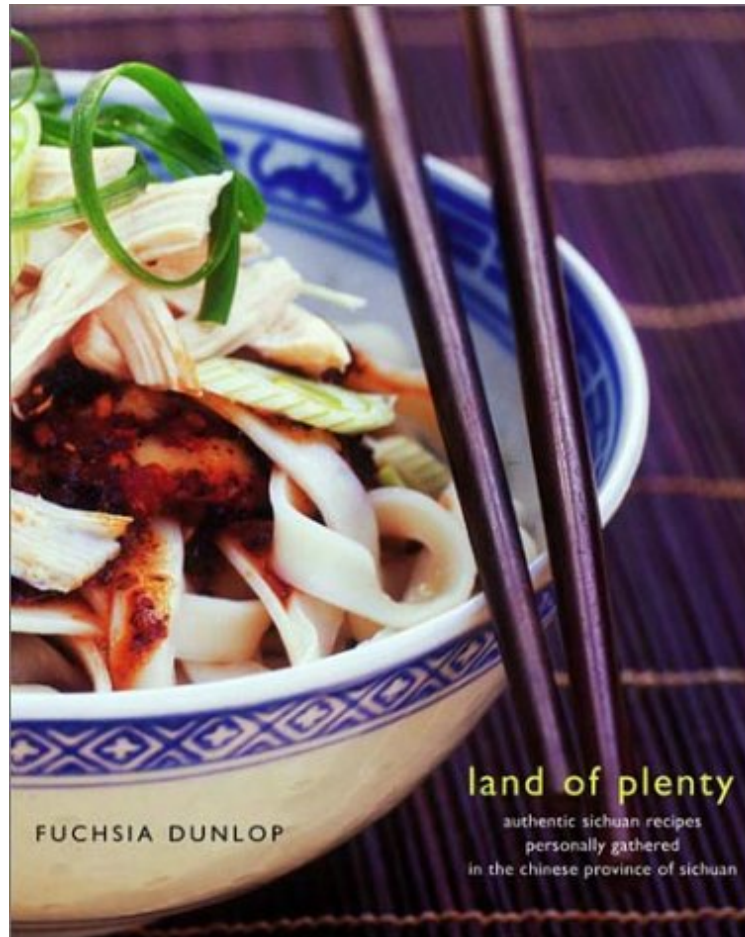


(Read free) Land of Plenty: A Treasury of Authentic Sichuan Cooking

Land of Plenty: A Treasury of Authentic Sichuan Cooking

Fuchsia Dunlop

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Fuchsia Dunlop : Land of Plenty: A Treasury of Authentic Sichuan Cooking before purchasing it in order to gage whether or not it would be worth my time, and all praised Land of Plenty: A Treasury of Authentic Sichuan Cooking:

74 of 75 people found the following review helpful. Best cook book every written. Period!By ZellerbackAfter cooking every single recipe in this book, I can confidently say that this is probably the best cook book every written.Fuchsia's commitment to tradition and authenticity is evident and her instructions are clear and concise. Even more challenging recipes such as tea-smoked duck are remarkably simple if you plan ahead accordingly.9 of 9 people found the following review helpful. Wonderful authentic tastesBy CustomerThis is my absolute favorite Chinese cookbook, and I have now owned it for about 5 years.I was born in China, grew up eating delicious home cooked dishes my mom made, who learned her cooking skills from my grandma. However, I was never very good about learning from my mom how to cook, and it wasn't until we are living far apart when I got sick of the same old things I made and decided to venture further. And that's when Land of Plenty and Revolutionary Chinese Cookbook came in.Firstly, I no longer remember how to read Chinese, so Fuschia Dunlop's version is fantastic. Secondly, she provides easy substitute

suggestions for those of us living in the western world. Because despite my easy access to abundant Chinese grocery stores, there are some things that hard to find. And last but not least, the dishes made from this book are simple and authentic. I've made dishes from this book for exchange students from Chengdu who remarked that they feel like they are back home with the meal. And whether bad or good, I've become pickier about what we eat in Chinese restaurants BECAUSE I know I can make so many of the dishes, and do it well. Still, it's a testament to how good this book is. The book itself is sturdy and now has much crinkles and some splatter, marks of a well-used book. The one con about this book would be the lack of pictures. For me at least, I love using the pictures as a guide of what I want to make, and sometimes as a guide of what my food should look like at the end. And sometimes, recipes get looked over because there is no picture. Still, this should not be a deterrent from getting the book because there are just SO much wonderful recipes here. Happy cooking and eating!

1 of 1 people found the following review helpful. A book for every Sichuan food lover!

By Sprinkz This book has to be the encyclopedia of Sichuan specialty foods. Lots and lots of valuable information that meets the appetite of every Sichuan food lover. The author gives a comprehensive background of the Sichuan cuisine. Each recipe in the book is illustrated in depth. The author could have included more colored pictures for recipes. The colored pictures are bundled up together so you have to go back and forth for the recipes and pictures. Hopefully in the next edition this is rectified. I love to cook Chinese food at home and this book is a great expansion to my knowledge and experience in the Sichuan Food arena.

"It is a very long time since I saw a book which is so patently an absolute 'must.'"
—Alan Davidson, author of *The Oxford Companion to Food*

The food of the Sichuan region in southwest China is one of the world's great culinary secrets. Many of us know it for its "hot and spicy" reputation or a few of its most famous dishes, most notably Kung Pao chicken, but that is only the beginning. Sichuanese cuisine is legendary in China for its sophistication and astounding diversity: local gourmets claim the region boasts 5000 different dishes. Fuchsia Dunlop fell in love with Sichuanese food on her first visit to the province ten years ago. The following year she went to live in the Sichuanese capital Chengdu, where she became the first foreigner to study full-time at the province's famous cooking school, the Sichuan Institute of Higher Cuisine. Now she has given us a cookbook gathered on the spot from the kitchens of Sichuan, filled with stories and colorful descriptions of the region itself. Useful for the enthusiastic beginner as well as the experienced cook, *Land of Plenty* teaches you not only how to prepare the Sichuan recipes but also the art of chopping and to appreciate the textures of dishes. Among this book's unique features: a full glossary of Chinese terms; Chinese characters useful for shopping; a practical introduction to the art of cutting; detailed lists of the 23 recognized flavor combinations and 56 cooking methods used in Sichuanese cuisine; 16 color pictures of the ingredients and finished dishes; double-page maps of the region; and Chinese characters for every recipe

Elizabeth David had it easy. All she had to do was eat her way through France and Italy and translate the essence of the encountered cuisines for a ravenous, literate, English-speaking public. Fuschia Dunlop, on the other hand, went to Chengdu, the capital of Sichuan in China, where she ended up the first foreign student enrolled at the Sichuan Institute of Higher Cuisine. That was nearly 10 years ago. After annual return visits and endless research she has produced, in English, a magnificent introduction to the food and foodways of Sichuan. She is in every way the dharma inheritor of Elizabeth David. You too may start to salivate halfway through the introduction to Dunlop's magnificent *Land of Plenty: A Treasury of Authentic Sichuan Cooking*. Perhaps it begins when she explains *xian*, "one of the most beautiful words in the Chinese culinary language." It describes an entire range of flavor and sensation, "the indefinable, delicious taste of fresh meat, poultry, and seafood, the scrumptious flavors of a pure chicken soup..." Before you know it you are running headlong into a world of 23 distinct flavors and 56 cooking methods (they are all listed at the end of the book). Sichuan is the place where "barbarian peppers" met up with a natural cornucopia and a literary cooking tradition stretching back to the fifth century A.D. Innovation with cooking technique and new and challenging ingredients remains a hallmark of Sichuan. After describing basic cutting skills and cooking techniques, Dunlop presents her recipes in chapters that include "Noodles, Dumplings, and Other Street Treats"; "Appetizers"; "Meat"; "Poultry"; "Fish"; "Vegetables and Bean Curd"; "Stocks and Soup"; "Sweet Dishes"; and "Hotpot." Yes, you will find Gong Bao (Kung Pao) Chicken with Peanuts--Gong Bao Ji Ding. It's named after a late 19th-century governor of Sichuan, Ding Baozhen, which brought on the wrath of the Cultural Revolution for its imperial associations. Until rehabilitation, the dish was called "fast-fried chicken cubes" or "chicken cubes with seared chilies."

Land of Plenty is literary food writing at its best, as well as a marvelous invitation to new skills and flavors for the home cook. Read it. Cook it. Eat it. And take pleasure in the emerging career of Fuschia Dunlop, a big new voice in the world of food.

--Schuyler Ingle
From Publishers Weekly

Sichuan cuisine, renowned for its spicy notes and hot flavors, is famous in Chinese history and lore for its variety and richness of tastes and layers. Dunlop, who writes about Chinese food and culture for the *Economist*, has produced a volume that is sure to take its place among the classics of Chinese cuisine. Drawing on her experience as a student at the Sichuan Institute of Higher Cuisine in Chengdu, China and on many Chinese sources, she conveys the history and geography that make this cuisine so different from the other regions and so varied--the region boasts 5,000 different dishes. After discussing the tastes and

textures that form Chinese cuisine in general, Dunlop describes cooking methods, equipment and the pantry before diving into the recipes. From such traditional dishes as Strange-Flavor Chicken (aka Bang Bang Chicken) to Hot-and-Sour Soup that have made the region famous, to the simple Zucchini Slivers with Garlic to the appealing Spicy Cucumber Salad, she engagingly describes dishes and their context, much in the style of Elizabeth David and Claudia Roden. Ending with sections entitled "The 23 Flavors of Sichuan" and "The 56 Cooking Methods of Sichuan," the book is a pleasure-both to cook from and to read. Copyright 2003 Reed Business Information, Inc. From Booklist

Englishwoman Fuchsia Dunlop spent several years in Sichuan, studying first at the university, then at Chengdu's prestigious cooking school. Her fascination with the food of China's obsessively gastronomic province has resulted in *Land of Plenty*, a comprehensive collection of the best Sichuanese recipes. Even those conversant with Chinese ingredients may profit from Dunlop's introductory glossary of Sichuan foodstuffs and kitchen implements. Her recipes cover those delicious dumplings and other snacks often sold from pushcarts on the region's streets. From there she moves forward into main dishes on the order of Sichuan's noted Ma Pou Dou Fu, a spicy melange of bean curd, ground beef, and chilies. She offers several variations of the dry-fried green beans so popular in American Chinese restaurants. Dunlop's cerebral explanation of Sichuan's 23 flavors contributes enormously to culinary theory, and there's a glossary of Chinese terms as well. Easy-to-follow recipes use ingredients available from any well-stocked Asian American market. This is an essential volume in any world cookbook collection. Mark Knoblauch Copyright © American Library Association. All rights reserved