

(Read ebook) More Long-Life Chinese Cooking from Madame Wong

More Long-Life Chinese Cooking from Madame Wong

S. T. Ting Wong, Sylvia Schulman

*DOC | *audiobook | ebooks | Download PDF | ePub*



#2067827 in Books Contemporary Books 1983-04Ingredients: Example IngredientsOriginal
language:EnglishPDF # 1 #File Name: 0809256096320 pages | File size: 60.Mb

S. T. Ting Wong, Sylvia Schulman : More Long-Life Chinese Cooking from Madame Wong before purchasing it in order to gage whether or not it would be worth my time, and all praised More Long-Life Chinese Cooking from Madame Wong:

3 of 3 people found the following review helpful. Low Fat Chinese RecipesBy Sustainable Global FoodieAhead of her time, Madame Wong, was teaching low fat cooking very early on. Classic recipes, moderate number of easy-to-get ingredients, fresh whole food. In an otherwise excellent cookbook, I found it interesting that Madame Wong featured an Egg Fu Yung recipe, and that it calls for deep-frying. Her audience in 1982 probably would not have considered the book complete without one, and the deep-frying technique is probably to preserve the appearance and neatness of the dish. I am sure that the dish easily comes out perfect every time. (Having grown up in an Asian community, versus a White community with access to Asian food, Egg Fu Yung was not something that I ever saw or ate. However, after reading Madame Wong's recipe for Barbecued Pork Egg Fu Yung, I might just have to try it!!)Deep frying does not have to be highly toxic, especially if you are making a small batch with the proper type of oil. I use Organic Rice Bran Oil, which is what many high-end Japanese restaurants use for tempura and other deep-frying. Others use Peanut Oil. Most say that if one deep fries at the proper temperature, very little oil is absorbed into the food. One can always remove some of the oil by laying the fried items on paper towels. I am not sure about what deep-frying does to the egg, though. There is some thought now that one should not "brutalize" the egg oils by hard cooking, as that may damage the oils and turn them into free radicals. I have no background in that sort of thing, but have decided to soft

cook my eggs as a precaution. There are only a few deep-fried dishes in the whole book, and Madame Wong offers a technique to know when the oil is the right temperature, without using a thermometer. A last note, in this era of GMO foods, I avoid conventional corn products, and this book calls for cornstarch in most recipes. People concerned about GMO cornstarch might substitute organic corn starch, or another thickener. I prefer Kuzu powder, also known as Kudzu. However, in some cases, Organic Potato Starch may be more appropriate. Others use arrowroot, but I have never used it, so cannot say how it performs. 0 of 0 people found the following review helpful. Four Stars By cIHappy with my purchase. Reasonably priced. Thank You ! 0 of 0 people found the following review helpful. Five Stars By Bear Creek It is not new, but it is clean and without writing in the book. Well worth the money.

More Long-Life Chinese Cooking from Madame Wong