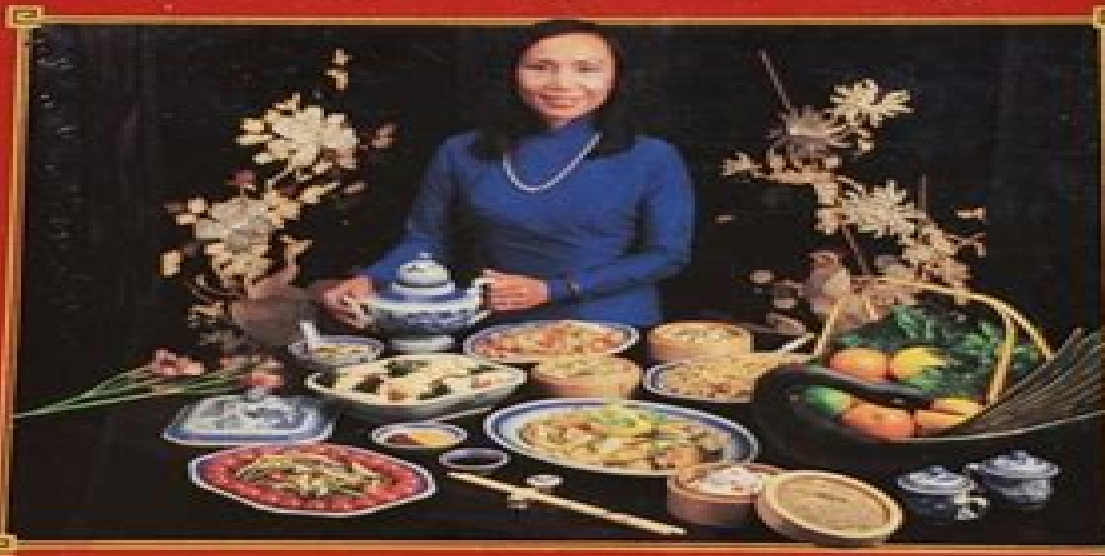


JEILEEN YIN-FEI LO'S
NEW
CANTONESE
COOKING



CLASSIC AND INNOVATIVE
RECIPES FROM
CHINA'S HAUTE CUISINE



BY THE
WINNER OF THE DUNCAN HINES - IACP COOKBOOK AWARD
(FORMERLY THE TASTEMAKER AWARDS)

ILLUSTRATIONS BY LAUREN JARRETT

Eileen Yin Fei Los New Cantonese Cooking

VM Jensen



Eileen Yin Fei Los New Cantonese Cooking:

海味 家禽 肉類 醬料 Eileen Yin-Fei Lo,1988 Discusses the cantonese cuisine and shares recipes for rice noodles vegetables fruit fish seafood poultry meat and sauces Eileen Yin-Fei Lo's New Cantonese Cooking Eileen Yin-Fei Lo,1988 Food Arts ,2002 *The Best of Food & Wine* ,1992 **Vegetables, Salads, and Grains** American Express Food & Wine Magazine Corporation,Food & Wine Magazine,1993 *Forthcoming Books* Rose Arny,1989-09 **Canadian Books in Print** ,1993 *Canadians* ,1989 **Chicken Collection** ,1992 *American Book Publishing Record* ,1988 *History of Sesame (100 CE to 2022)* William Shurtleff; Akiko Aoyagi,2022-02-16 The world s most comprehensive well documented and well illustrated book on this subject With extensive subject and geographic index 28 photographs and illustrations mostly color Free of charge in digital PDF format **Natural History** ,1989 *Paperbound Books in Print* ,1991 **Food & Wine** ,1991-07 **Books in Print** ,1993-09 V 1 Authors A D v 2 Authors E K v 3 Authors L R v 4 S Z v 5 Titles A D v 6 Titles E K v 7 Titles L Q v 8 Titles R Z v 9 Out of print out of stock indefinitely v 10 Publishers Quill & Quire ,1988 **The Chinese Chicken Cookbook** Eileen Yin-Fei Lo,2004-02-02 In China the chicken represents the phoenix the mythological bird that rose from its ashes and that symbolizes rebirth and reaffirmation Because of this deeply held belief chicken is served at every New Year celebration every wedding feast and every birthday dinner The chicken is honored for its eggs its meat and the flavor it provides for stocks and broths Because of the reverence for this bird the Chinese prepare chicken in myriad ways Chicken is steamed baked boiled stir fried deep fried pan fried and roasted It is served hot cold or at room temperature No part of the chicken is wasted from its bones to its skin to its feet a Chinese delicacy Now renowned Chinese cooking expert Eileen Yin Fei Lo who has been called the Marcella Hazan of Chinese cooking by The New York Times brings her love of Chinese cooking and traditional Chinese chicken recipes to American home cooks in The Chinese Chicken Cookbook The Chinese Chicken Cookbook brings together more than one hundred of the best traditional and modern chicken recipes of China from simple stir fries to more elaborate celebration dishes In chapters that pair chicken with noodles and rice and in chapters on soup preparing chicken in the wok and cooking it whole readers will find dozens of delicious easy to prepare delicacies Recipes such as Two Sesame Chicken Hot and Sour Soup Ginger Noodles with Chicken Chicken Water Dumplings Chicken Stir Fried with Broccoli Mu Shu Chicken with Bok Bang Mah Jongg Chicken and Asparagus Wrapped in Minced Chicken offer new and flavorful ways to prepare chicken whether you re making a quick weeknight meal or having dinner guests on a Saturday night Although these recipes use ingredients that home chefs can find in the international section of a well stocked supermarket or on the Internet Lo includes the Chinese names for ingredients and recipes rendered in beautiful Chinese calligraphic characters Not only decorative these characters can help you locate unfamiliar ingredients in a Chinese market The Chinese Chicken Cookbook also has sections on how to select and clean a chicken a detailed explanation of Chinese ingredients suggested equipment including how to properly season a wok and how to cook a perfect pot of rice With

wonderful family stories from the author's childhood in China The Chinese Chicken Cookbook is not just a cookbook for your cookbook library it is a source of culinary inspiration *The New York Times Index*, 1995 **Chinese Cantonese Cooking** Deh-Ta Hsiung, 1996-09 **The Wisdom of the Chinese Kitchen** Grace Young, 2014-07-01 The Wisdom of the Chinese Kitchen with its 150 recipes culled from a lifetime of family meals and culinary instruction is much more than a cookbook The Wisdom of the Chinese Kitchen is a daughter's tribute a collection of personal memories of the philosophy and superstitions behind culinary traditions that have been passed down through her Cantonese family in which each ingredient has its own singular importance the preparation of a meal is part of the joy of life and the proper creation of a dish can have a favorable influence on health and good fortune Each chapter begins with its own engaging story offering insight into the Chinese beliefs that surround life enhancing and spiritually calming meals In addition personal family photographs illustrate these stories and capture the spirit of China before the Revolution when Young's family lived in Canton Shanghai and Hong Kong The first part Mastering the Fundamentals provides instruction on the arts of steaming and stir frying the preparation of rice panfried and braised dishes the proper selection of produce and the fine arts of chopping and slicing Part Two The Art of Celebration concentrates on the more elaborate complex and meaningful dishes such as Shark's Fin Soup and West Lake Duck that are usually made with rare ingredients and sweets such as Water Chestnut Cake and Sesame Balls The final part Achieving Yin Yang Harmony explores the many Chinese beliefs about the healing properties of ginseng ginkgo nuts soybeans dong quai and the many vegetable and fruit soup preparations that balance and nourish the body The stories and recipes combine to demonstrate the range of Cantonese cooking from rich flavors and honored combinations to an overall appreciation of health well being and prosperity In addition to the recipes Young provides a complete glossary of dried herbs spices and fresh produce accompanied by identifying photos and tips on where to purchase them Unique traditional dishes such as Savory Rice Tamales and Shrimp Dumplings are also illustrated step by step making the book easy to use The central full color photo section captures details of New Year's dishes and the Chinese home decorated in celebration reminding one that these time honored traditions live on and the meals and their creation are connections to the past

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Eileen Yin Fei Los New Cantonese Cooking Introduction

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