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Chinese Soul Food: A Friendly Guide For Homemade Dumplings, Stir-Fries, Soups, And More



Synopsis

Chinese soul food is classic comfort food you can't resist, and in this cookbook you'll find 80 recipes for favorites you can easily make in your own kitchen any night of the week. Chinese food is more popular than any other cuisine and yet it often intimidates North American home cooks. Chinese Soul Food draws cooks into the kitchen with recipes that include sizzling potstickers, stir-fries that are unbelievably easy to make, saucy braises, and soups that bring comfort with a sip. These are dishes that feed the belly and speak the universal language of "mmm!" You'll find approachable recipes and plenty of tips for favorite homestyle Chinese dishes, such as red-braised pork belly, dry-fried green beans, braised-beef noodle soup, green onion pancakes, garlic eggplant, and the author's famous potstickers, which consistently sell out her cooking classes in Seattle. You will also find helpful tips and techniques, such as caring for and using a wok and how to cook rice properly, as well as a basic Chinese pantry list that also includes acceptable substitutions, making it even simpler for the busiest among us to cook their favorite Chinese dishes at home. Recipes are streamlined to minimize the fear factor of unfamiliar ingredients and techniques, and home cooks are gently guided toward becoming comfortable cooking satisfying Chinese meals. Any kitchen can be a Chinese kitchen!

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