



Complete Chinese Cookbook

Ken Hom

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A guide to making easy and delicious Chinese food for today's busy lifestyle.

Ken Hom is arguably the West's most famous Chinese chef. Hailed as the man who transformed wok cooking into an art form, he has introduced Chinese cuisine to the tables of royalty, world leaders and countless celebrities. This book is the culmination of a lifetime of experience as a chef, teacher and the host of five hit TV cooking shows.

Complete Chinese Cookbook opens with a comprehensive introduction to Chinese cuisine. It describes China's regional styles of cooking, the theory of yin-yang as it applies to food, essential equipment and ingredients, and Chinese cooking techniques.

The recipes are organized by food type and include:

- Appetizers, such as dim sum dumplings, prawn crackers, curried vegetarian spring rolls
- Soups, such as hot and sour soup, corn soup with crabmeat, tomato eggflower soup
- Meats, such as barbecued roast pork, stir-fried beef with ginger, Beijing braised lamb
- Poultry, such as cashew chicken, Cantonese pressed duck, barbecued quail
- Fish and shellfish, such as crispy fish roll, Szechwan shrimp in chili sauce
- Vegetables, such as ginger broccoli, stir-fried Chinese greens
- Rice and noodles, such as egg fried rice, chicken on crispy noodles
- Desserts, such as sweet almond soup, egg custard, walnut cookies.

Chinese food is low in fat and heavy on fresh vegetables. Cooking it is quick and clean-up is a breeze.

Complete Chinese Cookbook is the ideal guide to the world of healthy and delicious Chinese food.

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In this age globalization it is important to someone to obtain information. The information will make someone to understand the condition of the world. The fitness of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, newspaper, book, and soon. You will observe that now, a lot of publisher which print many kinds of book. Often the book that recommended for you is Complete Chinese Cookbook this guide consist a lot of the information from the condition of this world now. This kind of book was represented how does the world has grown up. The vocabulary styles that writer make usage of to explain it is easy to understand. Typically the writer made some analysis when he makes this book. Honestly, that is why this book appropriate all of you.

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