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# From The Earth: Chinese Vegetarian Cooking



## Synopsis

One of the best known experts on Chinese food draws on her reminiscences of the foods of her childhood to create 200 exciting vegetarian recipes--many of which make use of commonly available ingredients--and describes the techniques used to prepare them. 40 line drawings.

## Book Information

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## Customer Reviews

Firstly, we make no apologies in reviewing a book that is 17 years old... older than many YUM readers. Yet this is a classic in its genre and an indisputable reference work, all of which is written by a credible, established author to boot. Simply put this book is concerned with vegetarian cookery, authentic Chinese vegetarian cookery. Combining all of the essential elements and utilising the fruits of the earth, you will soon see that perhaps there can be many tasty alternative dishes that don't feature meat. This book is not, however, campaigning or encouraging you not to eat meat - it just focusses on meat-free dishes. This reviewer believes that even meat eaters will find many things here that can either function as credible dishes on their own, or even work well with a bit of meat thrown in for good (?) measure. After a look at the foods of the earth and an introduction to the typical Chinese kitchen (for those who are not familiar with an authentic kitchen) and common techniques involved within Chinese cookery. Even the more-experienced cook should give this section at least a quick glance as it is possible to learn new tricks, tips and techniques. The recipes themselves are split into sections: vegetables; rice; soup; traditions of Buddha; fish; noodles and wrappings; pickles and salads; fruits and butts, sweets and snacks. The book is written in a fairly

deceptive, easy-to-follow, unassuming manner. You are not treated like a total fool but neither are you assumed to be the son of a master chef either. The advice is just given, perhaps similar to how a mother would give advice to her child.

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