

<<上品中国菜>>

图书基本信息

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内容概要

When this book was first published in 1983, little had been written in English about Chinese herbal cuisine and its health-promoting qualities. Terry Tan, at that time a consultant chef and lecturer at the School of Oriental Cooking in London, and prior to that a well-known writer and food consultant in Singapore, took on the formidable task of penetrating the mystique that surrounded the intricacies of using Chinese herbs. The recipes he compiled made it possible for even the novice cook to serve up nourishing herbal stews and one-pot meals with confidence. Best of Chinese Cuisine: Herbal Dish has proven to be popular over almost three decades, and this new edition has been produced for the twenty-first century, with updated herb information and 20 brand new recipes. Reworked with contemporary tastes and lifestyles in mind, the new edition is poised to inform and endear itself to another generation of readers.

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作者简介

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Sweet Soups
Herbal Drinks
Herbal Teas
Savoury Stews
Double-boiled Dishes
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章节摘录

版权页：插图：Although the quest for Yin-Yang equilibrium is a considerable deciding factor in the food choices and eating habits of many Chinese, it is just as often that they select certain foods motivated by little more than symbolic meanings. The Chinese propensity to be influenced by symbolism in all facets of life is notorious, and equally famous is the people's passion for food. Indeed, then, dishes made from ingredients that are rife with symbolic meanings have always held a special fascination. Regardless what the modern Chinese may declare to believe or disbelieve, it is a powerful, if sometimes inexplicable, force that spurs crowds to buy symbolic foods during the festive seasons. Chicken, to illustrate, is almost always featured in festive dishes because it represents the heraldic Phoenix, a symbol of rebirth following its proverbial rise from the ashes. The exchanging of tangerines or Mandarin oranges during the lunar or Chinese New Year is another classic example. In Cantonese, the words for "tangerine" and "gold" sound identical - kum. With time, tangerines came to represent "prosperity" given the Chinese penchant for the precious metal. That the pun made sense only in southern China did not stop the practice from being adopted by Chinese elsewhere in China or the world. In the official Chinese tongue of Mandarin, the word for "tangerine" does not sound remotely similar to that for "gold".

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Here is a school of cooking distinct from anything curative in the malodorous sense, a time-honoured cuisine that gathers the efficacy of a multitude of barks, roots, seeds and herbs cherished for centuries by the Chinese for their flavour and restorative powers." —Terry Tan

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《上品中国菜:药膳(英文版)》 Terry Tan is a respected culinary consultant informed by a wealth of experience garnered over more than four decades in the food business, from cookery teaching to commercial recipe development and consultancy. The author of more than a dozen cookbooks, he has since appeared on many cooking television programmes mostly aired in the UK, where he is now based. He has given classes and presentations in many parts of the world, including Australia, Canada, Chile, Iceland, Israel, Romania, Spain, and much of continental Europe.

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