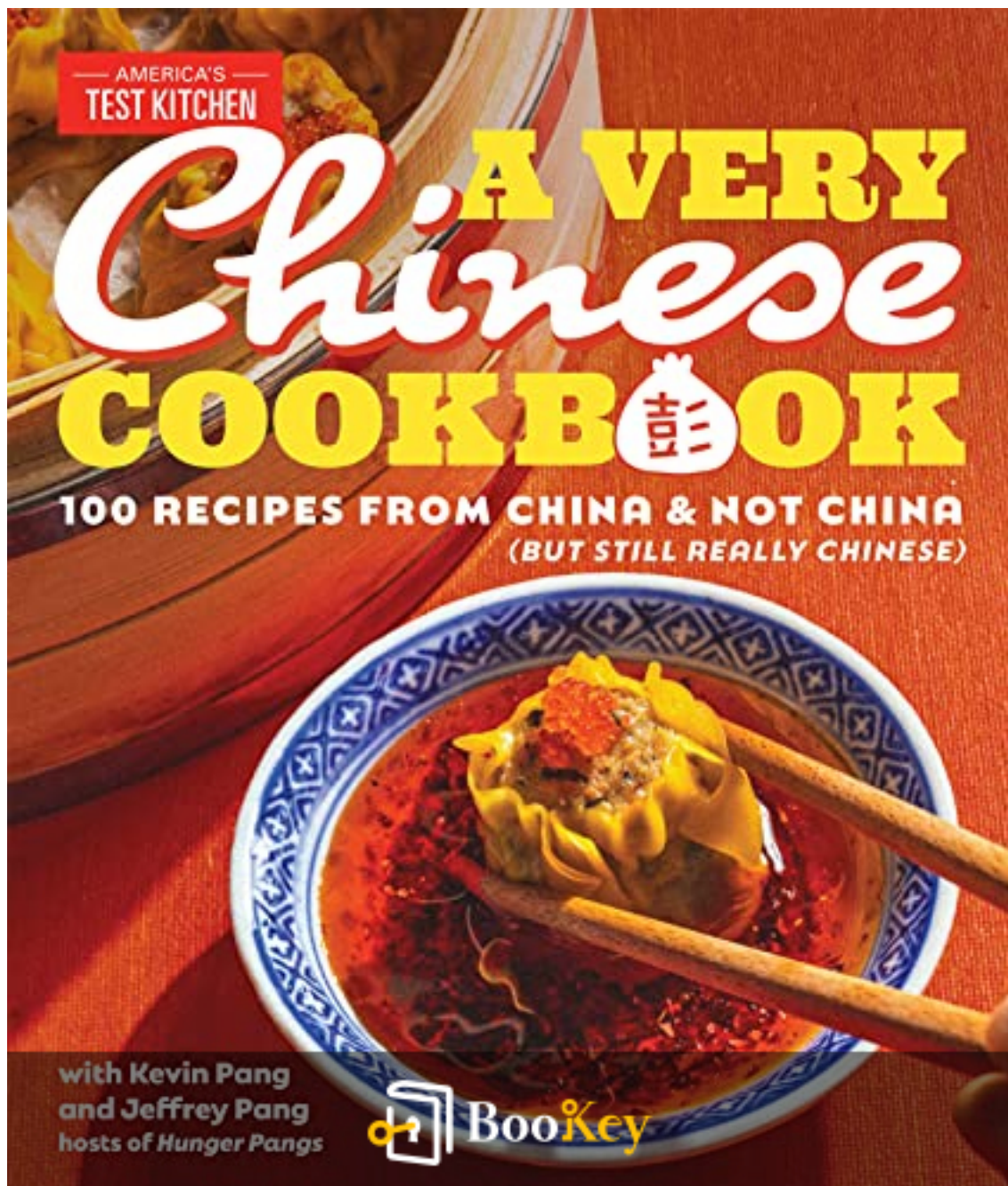


A Very Chinese Cookbook PDF (Limited Copy)

Kevin Pang



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A Very Chinese Cookbook Summary

Delicious Chinese Recipes for Every Cook, Every Occasion.

Written by New York Central Park Page Turners Books Club

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About the book

A Very Chinese Cookbook is the collaborative work of acclaimed chef Kevin Pang and his father, Jeffrey Pang, which explores the vast and varied landscape of Chinese cuisine. Celebrated for its engaging approach, the cookbook features over 100 meticulously tested recipes that range from popular American Chinese dishes like General Tso's Chicken to the exciting and bold flavors found in Sichuan street food and the delicate artistry of Hong Kong dim sum.

The book stands out not only for its comprehensive recipes but also for the personal touch brought by the Pangs. Each recipe is accompanied by anecdotes that reflect their culinary journey, adding depth and relatability to the cooking experience. The authors share practical tips that make the cooking process approachable for anyone, from novices to experienced chefs.

In addition to the recipes, the Pangs provide essential guidance on sourcing ingredients and mastering key techniques essential to Chinese cooking. This dual focus on practical skills and heartfelt storytelling makes **A Very Chinese Cookbook** not only a valuable kitchen companion but also a celebration of family and passion for cooking. As readers immerse themselves in the culinary traditions and innovations presented in this book, they uncover a rich tapestry of flavors that truly reflect the essence of

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Chinese cuisine.

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About the author

In "A Very Chinese Cookbook," Kevin Pang invites readers on a culinary journey that intertwines personal anecdotes with the rich tapestry of Chinese cuisine. Drawing from his upbringing in a Chinese-American household, Pang highlights how food serves as a bridge across cultural divides, fostering connections that span generations.

The chapters unfold with Pang sharing the foundational elements of Chinese cooking, exploring key ingredients and techniques that define the cuisine. He emphasizes the importance of fresh produce, authentic spices, and traditional cooking methods, encouraging readers to appreciate the craftsmanship that goes into preparing each dish. This begins with staples like rice and noodles, which form the backbone of many Chinese meals, before delving into the nuances of sauces and marinades that elevate the dishes.

As Pang shares various recipes, he enriches each with stories from his childhood, offering insights into family traditions and the significance of meals in Chinese culture. For instance, he recounts memories of family gatherings where the preparation of dumplings becomes a communal activity, symbolizing unity and heritage. He weaves in the philosophy behind these culinary practices, illustrating how food is not merely sustenance but a means of expressing love and preserving cultural identity.

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Throughout the chapters, Pang also introduces readers to a variety of characters — family members, friends, and chefs — who have influenced his culinary perspectives. Each character contributes a unique lens through which readers can appreciate the diverse flavors and customs of Chinese cooking. By blending narrative with recipe, Pang crafts a holistic view of the cuisine that celebrates both its depth and diversity.

As the cookbook progresses, it becomes not only a collection of recipes but a heartfelt exploration of identity, community, and the universal language of food. Pang's work encourages readers to not only cook but to reflect on their own connections to food and its power to tell stories across cultures. In essence, "A Very Chinese Cookbook" is about more than just cooking; it's about nourishing relationships and deepening understanding through shared culinary experiences.

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Chapter 1 Summary: Getting Started

GETTING STARTED

Introduction to Chinese Cooking

This chapter lays the groundwork for exploring the vibrant world of Chinese cooking, enriched by over 6,000 years of tradition. Authors Kevin Pang and his father Jeffrey share their personal journey, highlighting the significance of food in bridging cultural gaps between them. This culinary cookbook emerges not just as a collection of recipes but as a heartfelt collaboration that showcases the familial bond nourished by cooking.

Ingredients Overview

The chapter provides an essential overview of key ingredients that define Chinese cuisine:

1. **The Basics of Rice:** Rice is a staple, with popular varieties such as jasmine, medium-grain, and glutinous rice, each prepared differently to complement various dishes.
2. **All About Noodles:** The diversity of Chinese noodles is explored, from wheat to egg and rice noodles, with practical guidance on selection and

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cooking methods.

3. **Wrappers:** Different wrappers, such as those for spring rolls, wontons, and dumplings, are described, along with tips for effective usage in various dishes.
4. **Starches and Sweeteners:** A look at ingredients that improve texture and flavor, providing depth to dishes while enhancing the sweet and savory balance.
5. **Oils, Vinegars, Cooking Wines, and Broth:** The chapter discusses essential oils and vinegars, cooking wines, and the role of homemade broths in achieving authentic flavor profiles.
6. **Sauces, Condiments, and Pastes:** Homemade sauces, such as chili oil and soy-vinegar dipping sauce, are crucial for elevating dishes. The authors include recipes for these essential condiments.
7. **Preserves:** A mention of various preserves that add depth to dishes and serve as unique flavorings.
8. **Spices and Seasonings:** Common spices and seasonings essential for authentic flavor are highlighted.
9. **An Incomplete Guide to Chinese Produce:** A variety of Chinese vegetables and fruits are introduced, offering insight into fresh produce vital to the cuisine.
10. **Proteins:** A summary of protein sources, including meat, poultry, and seafood, sets the foundation for diverse meal preparations.

Homemade Pantry Staples

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The chapter encourages readers to create foundational homemade sauces and broths, fostering an authentic cooking experience and enabling them to recreate traditional flavors at home.

Essential Tools

1. **The Mighty Wok:** This indispensable tool is essential for stir-frying—versatile and quick, it’s at the heart of many Chinese cooking methods.
2. **Stir-Frying Techniques** Practical tips on stir-frying, including proper heating and cooking techniques, ensure success in executing recipes.
3. **More Useful Equipment:** Recommendations for additional essential kitchen tools, such as chef’s knives, cleavers, and kitchen shears, are presented, equipping readers for diverse cooking tasks.

Personal Anecdote

Kevin shares a touching account of his evolving relationship with his father, marked by cultural misunderstandings transformed into a shared passion for cooking. This culinary journey becomes a medium for connection, ultimately leading to the creation of the cookbook.

Meet the Kitchen Team

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Introduction to the diverse culinary team that contributed to the recipes is provided, highlighting their unique skills and roles that collectively enhance the cooking experience.

The Basics of Rice & Noodles

The chapter details rice and noodles as cornerstone components of Chinese cuisine, providing a deep understanding of their varieties, preparation methods, and their significance in meals.

Wrappers and Starches

An exploration of wrappers, starches, and sweeteners highlights their vital roles in creating varied textures and flavors in Chinese dishes, equipping readers with knowledge for improvisation in their cooking.

Cooking Essentials

The discussion on oils, vinegars, cooking wines, and broth emphasizes their importance in flavor development. Additionally, making homemade sauces and understanding seasonings enhance authenticity in cooking.

Dried Fish and Seafood

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Dried seafood and fish are noted for their unique ability to amplify flavors, enriching many traditional dishes with depth and complexity.

Tips for Using Kitchen Tools

Practical advice on wok usage is given, detailing seasoning techniques and care instructions that maximize the longevity and performance of kitchen tools.

Conclusion

This chapter serves as an insightful primer for those new to Chinese cooking. It intertwines practical knowledge with personal narratives, setting the stage for a culinary adventure in the recipes to come. Through shared experiences and insights into essential ingredients and tools, readers are prepared to dive deeper into the rich tapestry of Chinese cuisine.

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Chapter 2 Summary: Finger Food and Small Plates

FINGER FOODS AND SMALL PLATES

This chapter presents an enticing array of traditional Chinese appetizers that serve as hearty introductions to the nation's rich culinary landscape. Each dish is not just a recipe but a cherished favorite, evoking the warmth of shared meals and the joy of gathering.

The first standout is **Cháyè Dàn**, or Tea Eggs, hard-boiled eggs marinated in a fragrant blend of soy sauce and tea. Their intricate flavors symbolize the beauty of simplicity in Chinese cooking, often enjoyed as a snack or a picnic treat.

Next, we have **M á l à H u s h o n g** Sichuan Snack Peanuts. These crunchy delights are seasoned with a signature mix of Sichuan spices, offering a perfect balance of nutty and numbing heat, epitomizing the region's bold culinary ethos.

X i T ō u Shrimp Toast, introduces the crispy elegance found in Hong Kong cuisine. Slices of fried bread are topped with a savory shrimp mixture, representing the city's penchant for combining fresh seafood with comforting textures.



The chapter also features **M i s h ì C h k n j u o m** American-Style Egg Rolls.

This fusion dish marries ground pork and shrimp in a crispy wrapper, a nod to how Chinese cuisine adapts to different cultural influences while retaining its roots.

C h k n j u o m Spring Rolls, are thin, golden wraps filled with fresh vegetables, exuding lightness and versatility, making them a staple in dim sum culture.

For those with a sweet tooth, **J i n d u o** Sesame Balls, deliver a chewy texture with a heart of sweet red bean paste, all encased in a crunchy layer of sesame seeds, reflecting the joyfulness of dessert in Chinese gastronomy.

C M n g y ó u, l o f S n a g Scallion Pancakes, are crispy flatbreads rich in flavor, showcasing the use of scallions in traditional dishes, while **P i H u á n g g u** or Smashed Cucumbers, offers a refreshing salad that balances spicy meals, highlighting the crucial role of vegetables in Chinese cuisine.

Adding a zesty touch is **L o h Ô , C r à T i g e r** Tiger Salad, filled with fresh herbs and vegetables, enlivened by a lively dressing that captures the essence of invigorating Chinese flavors.

For those seeking warmth, **K Ò u s h u, D r M** Mouthwatering Chicken,

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features tender poached chicken drizzled in a spicy dressing, designed to awaken the palate and invigorate the spirit.

Lastly, **S h o P á i g Ô** Char Siu-Style Spareribs, delivers tender ribs glazed in a sweet-savory marinade, encapsulating the spirit of Cantonese barbecuing and offering a taste of familial cooking traditions.

To conclude this joyful exploration, the chapter presents a **Fortune Cookie Hack**, an entertaining twist on the classic fortune cookie, injecting humor and surprise into a beloved dining experience.

These delectable dishes not only celebrate the rich tapestry of flavors found in Chinese cuisine but also encapsulate the cherished stories and memories that food weaves into our lives, making each preparation a joyful experience to share.

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Chapter 3 Summary: Soups and Dumplings

SOUPS AND DUMPLINGS

In this chapter, we delve into the comforting world of soups and dumplings, quintessential elements of Chinese cuisine that evoke warmth and nostalgia. These recipes not only nourish but also encapsulate the essence of home cooking, merging traditional techniques with modern adaptations.

SOUP RECIPES

1. Corn and Chicken Soup (Jiǎo Yú Tāng 玉米雞湯)

nourishing blend of fresh corn, tender chicken, and delicate egg ribbons, providing both comfort and a burst of flavor in every spoonful.

2. Winter Melon Soup with Meatballs (Dòng Xià Melon Ròu)

ng tender meatballs in a fragrant broth, this dish incorporates soft winter melon and mung bean noodles, creating a wholesome and satisfying meal.

3. West Lake Beef Soup (Xī hú Niú ròu Tāng 西湖牛肉羹)

this luxurious soup combines hearty beef and soft tofu, offering a delightful texture that warms the spirit.

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4. **Hot and Sour Soup (Suanzi Tang)** In Chinese dining, this robust soup melds tofu, pork, and mushrooms in a spicy and tart broth, capturing the complex flavors that characterize Asian cuisine.

DUMPLING RECIPES

1. **Hong Kong-Style Wonton Noodle Soup (Gthigshì Y)** This dish features wontons filled with shrimp and pork, beautifully served in a savory broth accompanied by noodles, showcasing the finesse of Cantonese cooking.

2. **The Master Dumpling System™**: This section serves as a comprehensive guide featuring detailed instructions on making dumpling dough from scratch, exploring various fillings, and traditional folding techniques, empowering home cooks to master this culinary art.

3. **Boiled Dumplings (Shuǒ Jiǎo)** Often filled with pork or vegetables, these dumplings are simple yet satisfying, typically enjoyed with a variety of dipping sauces that enhance their flavor.

4. **Steamed Dumplings (Zhēng Jiao)** These tender dumplings are filled with an array of ingredients. While they can be challenging to perfect, their soft texture and rich fillings make the effort worthwhile.



5. **Pot Stickers (Guanzi)** Characterized by their crispy bottoms and tender fillings, these pan-fried dumplings offer a delightful contrast in textures, making them a favorite among many.

6. **Har Gow (Xi Jiao)** This delicate shrimp dumpling features a translucent wrapper, embodying the meticulous craftsmanship associated with dim sum traditions.

7. **Shanghai Soup Dumplings (Xiao Long Bao)** Celebrated for their delicate skin, these dumplings contain a savory broth within their delicate skin. Expert preparation is crucial to keep the broth intact until the moment they are enjoyed.

8. **Shanghai Pan-Fried Pork Buns (Shengjianbao)** With their golden-brown, crisp exterior and juicy pork filling, these buns are deeply rooted in nostalgia and often accompanied by heartwarming personal anecdotes.

This chapter beautifully captures the essence of home-cooked meals through its collection of comforting soups and intricately crafted dumplings. Celebrating both tradition and innovation, it invites readers to embrace the heart of Chinese culinary culture in their own kitchens.



Chapter 4: Rice and Noodle Dishes

RICE AND NOODLE DISHES

Introduction

This section delves into the cherished rice and noodle recipes influenced by the vibrant culinary traditions of Taiwan, Hong Kong, and Beijing. These dishes highlight the cultural significance of starches and carbs, offering home cooks a chance to explore the diverse flavors of Chinese cuisine.

Rice Dishes

- Perfect Rice (Báifàn 白飯)

To achieve the ideal fluffy rice, it's crucial to rinse it thoroughly to eliminate excess starch. Utilizing a dependable rice cooker can simplify the process, though stovetop and microwave methods are also presented for versatility. Techniques for creating faux leftover rice add a creative twist for those with day-old rice.

- Fried Rice Variations



- Simple Fried Rice (Ji nyì Ch ofàn |!f p'ĩ)

This straightforward recipe emphasizes the importance of timing and careful sequencing to ensure each grain remains separate; it allows for a variety of mix-ins, enabling personalization.

- Shrimp and Pork Fried Rice (Xi rén Ch sh o Ch o

Elevating the classic dish, this version incorporates multiple proteins and rich flavors, ideally using jasmine rice that has been cooked a day prior for optimal texture.

- Stir-Fried Rice Cakes (Ch o Niáng o p'^t|Õ)

Using chewy rice cakes, this dish provides a unique textural experience while absorbing savory flavors, creating a satisfying stir-fry.

- Clay Pot Chicken Rice (Huáj+ B o z i fàn nÑ–PqrNÔĩ)

This comforting one-pot meal utilizes traditional clay pots to infuse flavors, resulting in an unparalleled culinary experience that celebrates simplicity and taste.

Noodle Dishes

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- **Sesame Noodles (Májiàng Bànmiàn 芝麻拌面)**

A refreshing cold dish, the rich, nutty sesame sauce can be enhanced with a variety of toppings, allowing for customization for every palate.

- **Dan Dan Mian (Dàndànmiàn 担担面)**

Diverging into the rich and spicy flavors of Sichuan cuisine, this dish pairs a zesty sauce with crunchy pickled mustard, creating a dynamic flavor profile.

- **Pork Stir-Fried Noodles (Ròusī Chǎomiàn 肉丝炒面)**

Highlighting marinated pork stir-fried alongside fresh vegetables and noodles, this dish brings together a spectrum of textures and tastes.

- **Zha Jiang Mian (Zhájiàng Miàn 炸酱面)**

Featuring a savory sauce that coats the noodles, this dish is complemented by an array of fresh vegetables for added crunch and flavor.

- **Beef Ho Fun (Gǎnchǎo Niúhé Noodle 干炒牛河)**



A classic from Cantonese cuisine, this dish focuses on the dry frying technique using wide, fresh rice noodles, ensuring a delightful culinary experience.

- **Singapore Noodles (X+ngzhMu Ch omĐ fm2p's)**

Infused with vibrant curry flavors, this lively dish symbolizes the distinctive Hong Kong-style cooking that resonates with many.

- **Flat Hand-Pulled Noodles (Biángbiáng Miàn YdYdžμ)**

Characterized by their visual appeal, these hand-pulled noodles are elegantly served with a chili oil vinaigrette that ignites the taste buds.

Noodle Soups

- **Noodle Soup with Pork and Preserved Mustard (Z p,fÜ€%o}ržμ)**

This comforting bowl balances the tang of pickled mustard with tender pork and light wheat noodles in a savory broth, creating warmth in each spoonful.

- **Taiwanese Beef Noodle Soup (Niúròu Miàn r[€%ožμ)**

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A hallmark of Taiwanese cuisine, this hearty dish captures deep, rich flavors through meticulous slow cooking, providing both comfort and satisfaction.

Closing

These vibrant rice and noodle recipes not only exemplify the intricate beauty of Chinese cuisine but also invite culinary exploration. Each recipe encourages home cooks to delve into diverse techniques and flavors, making the journey through taste and tradition an enriching experience.

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Chapter 5 Summary: Poultry, Meat, Fish

Chapter 5: Poultry, Meat, and Fish

This chapter explores the rich tapestry of Chinese cooking, focusing on essential techniques and iconic dishes that highlight poultry, meat, and fish. It transitions readers from common Western cooking methods like pan-frying to more traditional techniques such as poaching and steaming, fundamental to authentically savoring Chinese cuisine.

Poultry Dishes

The chapter opens with **Kung Pao Chicken** (G M n g b l o v e d + d + n g), a dish that exemplifies the marriage of spice and crunch, featuring tender chicken pieces partnered with peanuts and chiles. Next, it introduces **Three-Cup Chicken** (S , m b i g n a t i n e), a Taiwanese dish celebrated for its harmonic blend of soy sauce, rice wine, and sesame oil, infused with aromatic garlic, ginger, and Thai basil. Lastly, **Soy Sauce Chicken** (C h J + a), a Hong Kong culinary staple, delights with its silky skin and savory depth, often enjoyed with staples like rice or ramen.

Meat Dishes

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Transitioning to meat, the chapter features **Stir-Fried Cumin Lamb (Yáng ròu)**, reflecting the cultural exchanges along the Silk Road with its bold use of aromatic spices. Surprisingly named, **Mongolian Beef (Mǎn Niú ròu)** presents a sweet-salty stir-fry that encapsulates familiar Chinese flavors and crispy textures. **Twice-Cooked Pork (Hshí gu Mòu)** showcases Sichuan ingenuity, involving a two-step cooking process that begins with boiling pork belly before an exhilarating stir-fry with spicy bean paste. Completing the segment is the comforting **Taiwanese Pork Rice Bowl (Lóu ròu fàn)**, where ground pork is served over rice, often accompanied by pickled greens and hard-boiled eggs.

Fish Dishes

The chapter shifts to seafood, starting with **Steamed Fish Fillets with Scallions and Ginger (Jīng cǎi mǎng zhuān yú lǐ u)** featuring skinless cod that captures the essence of simple yet flavorful cooking. Following this is the adventurous **Oil-Exploded Shrimp (Yóu bào xi)**, where shrimp are rapidly fried to achieve a crispy exterior and succulent flavor. The segment concludes with **Stir-Fried Clams with Black Bean Sauce (Chī ji āo , Gāng xiā)** that accentuates the natural sweetness of clams complemented by the robust taste of fermented



black beans.

Cooking Techniques

Integral to these recipes are foundational cooking techniques. **Poaching** ensures tender chicken by allowing it to absorb flavors from a spiced cooking liquid. **Stir-Frying** expertly retains the juiciness of meat while developing a beautifully caramelized surface. **Steaming**, a gentle method ideal for delicate fish, preserves both flavor and texture, highlighting the purity of ingredients.

In summary, Chapter 5 emphasizes classic cooking methods and offers a variety of recipes that illuminate the unique depth of flavor inherent to Chinese cuisine, inviting readers to explore and master these time-honored traditions.

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Chapter 6 Summary: Vegetables and Tofu

Chapter Summary: Vegetables and Tofu

In this chapter, the art of Chinese vegetable and tofu cooking is showcased, revealing a culinary tradition that celebrates the freshness and diversity of produce through elegant preparations. Each recipe demonstrates the intricate techniques and flavor profiles that define this cuisine, making vegetables and tofu not just staples, but stars of the culinary table.

Vegetable Recipes Overview

- 1. Stir-Fried Tender Greens with Garlic (Sua Thir óng)**
This speedy dish highlights vibrant greens, such as amaranth, bringing out their natural flavors through a simple yet effective stir-frying technique.
- 2. Ong Choy with Fermented Bean Curd (Flor, Ô Ji o s)**
ong choy—a crunchy, water-rich vegetable—combines crisp stalks with tender leaves, enriched by the umami of fermented bean curd, showcasing a delightful contrast in textures.
- 3. Hot and Sour Napa Cabbage : (This dish is Bláiscràpà)**

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cabbage's unique cut to maximize sauce absorption, resulting in a flavor-packed dish that balances hot and sour elements beautifully.

4. **Baby Bok Choy with Ginger and Garlic (Sūnánróng)**

With a focus on texture, this recipe uses baby bok choy, sautéing it with ginger and garlic, to create a dish that is both aromatic and satisfying.

5. **Gai Lan with Oyster Sauce (Háoyóu Jièlán)**: A quintessential

Cantonese preparation that pairs the slightly bitter gai lan greens with a rich, savory oyster sauce, emphasizing simplicity and classic flavors.

6. **Sichuan Green Beans (Gǎn Chān Sījī)**

This recipe employs a unique dry-frying technique to achieve intensely charred green beans, enhancing their natural sweetness and providing a bold taste.

7. **Eggplant with Black Bean Sauce (Cíngdāzhī + Qiézi)**

Utilizing a microwave method for optimal eggplant texture, this dish marries the vegetable with strong black bean flavors, resulting in a deliciously savory outcome.

8. **Braised Eggplant with Soy, Garlic, and Ginger (Sūnánróng)**

Promising a depth of flavor, this recipe produces meltingly tender eggplant braised in a rich sauce, showcasing comforting flavors.



9. **Sichuan Hot and Sour Potatoes (Chuān Wēi Suan Nà)** Emphasizing a semi-raw, crunchy texture, this dish is a playful take that highlights the Sichuan preference for balancing hot and sour notes.

10. **Stir-Fried Tomatoes and Eggs (Xī hóngshí Chǎo Jī)** This quick and comforting homestyle dish showcases the sweetness of ripe tomatoes paired with fluffy scrambled eggs, creating a familiar favorite.

Tofu Recipes Overview

1. **Homemade Tofu (Zìzhì Dòufu)** The chapter begins with a rewarding step of crafting fresh tofu, illustrating its adaptability in various dishes and its central role in Chinese cuisine.

2. **Homestyle Tofu (Jī chǎo Dòufu)** This dish blends tofu with an assortment of fresh vegetables and a balanced sauce inspired by Sichuan flavors, presenting a nurturing and hearty meal.

3. **Spicy Cold Tofu (Liáng Abàn Dòufu)** An unusually appealing and quick-to-prepare dish that celebrates the simplicity of chilled tofu, brought to life with bold chili and garlic flavors.

4. **Mapo Tofu (Má pò Dòufu)** As a quintessential Sichuan dish, Mapo Tofu is



renowned for its complex and vibrant spice profile, featuring the powerful flavors of fermented ingredients and peppers, making it a timeless favorite.

This chapter serves as a tribute to the richness and variety within Chinese vegetarian cuisine, effectively showcasing how vegetables and tofu can be prepared to highlight their individual characteristics, textures, and flavors, while emphasizing the culinary sophistication of this tradition.

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Chapter 7 Summary: Jeffrey's Greatest Hits

JEFFREY'S GREATEST HITS: Chapter Summary

This chapter presents a heartfelt collection of eleven cherished recipes from Jeffrey's personal kitchen repertoire, each serving as a testament to his childhood memories, culinary explorations, and family traditions shared with his wife, Catherine. These dishes not only represent the flavors of his heritage but also encapsulate significant emotional ties.

Featured Recipes:

1. **Dòu chǒu Jī** (Stir-Fried Chicken in Black Bean Sauce) with a rich, umami flavor profile.
2. **Gāngshì Pōguó Jī** (Hong Kong-Style Portuguese Chicken) of Portuguese spices and Chinese cooking techniques.
3. **Xījiàng Zháijī** (Shrimp-Paste-Fried Chicken) fried chicken, incorporating shrimp paste for an added depth of flavor.
4. **Chunwèi Niújiàn** ("Taste of Sichuan" Beef Shank) and spicy essence of Sichuan cuisine.
5. **Hétáo Xiā** (Honey-Walnut Shrimp) savory dish symbolizing the balance often found in Chinese cooking.
6. **Ròusuì Zhēngshuǐdàn** (Steamed Egg Custard with

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comforting dish that showcases techniques for achieving silky textures.

7. **Kèji Dòufô Dànji o B o (Hakka Stuffed Tofu wit**

Merges traditional Hakka flavors with a delightful presentation.

8. **G ngshì Jú Zhkpá Fàn (Hong Kong-Style Baked P**

nostalgic dish reminding many of meals enjoyed in bustling Hong Kong diners.

9. **Zh nji ng Tángcù Páigô (Sticky Spareribs with C**

Combines sweetness and acidity for a robust flavor experience.

10. **Sh ngch o NuòmĐfàn (Stir-Fried Sticky Rice)**

satisfying dish that often accompanies family gatherings.

11. **Luóbo G o (Radish-Clavé)**

dim sum staple, offering a chewy texture complemented by savory accents.

Cooking Influences and Memories

Jeffrey reflects on his formative culinary development, shaped by his mother, who imparted valuable cooking skills while on trips to local wet markets. He cherishes the simplicity and authenticity of those early cooking experiences, which laid the foundation for his cooking style. Through practice and exploration, he began crafting meals for his family, frequently drawing inspiration from restaurant dishes.

Family Connection Through Cooking

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The chapter poignantly illustrates how cooking acts as a bridge within Jeffrey's family life. Catherine's dedication to embracing Jeffrey's culinary background fosters a deeper connection between them, demonstrating the power of food in building and nurturing relationships.

Immigration and Recipe Persistence

In the 1980s, as Jeffrey's family relocated to Canada, they were intent on preserving their culinary heritage. Taking treasured recipes with them, they refined and passed down their cooking traditions through familial gatherings and celebrations, sparking new memories in their new home.

Final Thoughts on Food and Family

Jeffrey concludes with a reflection on the pivotal role food plays in maintaining familial bonds and evoking memories of those who have passed. Conversations with his sisters often revolve around food, underlining its significance as a unifying element of their shared cultural heritage and continued exploration of culinary delights.

Recipe Highlights

The chapter wraps up with detailed recipes including ingredient lists and preparation steps for each dish, showcasing Jeffrey's passion for cooking and

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the rich traditions that continue to influence his culinary journey. These recipes embody not only the flavors of Jeffrey's past but also his deep appreciation for the connections formed through food and family.

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Chapter 8: Deep Fried and Delicious

Chapter Summary: Deep Fried and Delicious

This chapter explores the tantalizing world of deep-fried dishes, offering a collection of mouthwatering recipes while emphasizing the significance of mastering frying techniques and selecting the right tools for the perfect meal.

Deep Frying Basics:

The foundation of great deep-frying lies in understanding a few essential components. Suitable cooking vessels include a cast-iron Dutch oven, known for its excellent heat retention, and a carbon-steel wok, which provides quick and even heating. Choosing the right oil is crucial; peanut oil is the go-to for high-temperature frying due to its high smoke point, while vegetable oil works well for lower-temperature options. Maintaining the right frying temperature is key to ensuring that foods remain crispy and absorb minimal oil. To achieve this, it's recommended to fry in small batches. This approach not only helps in sustaining oil temperature but also prevents ingredients from sticking together.

Key Recipes:

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The chapter showcases a variety of delightful recipes, each with its own unique twist:

- **Là z i J + (D r y C h i l i T h i c k e n)** features batter-dipped chicken marinated in a spicy blend, deep-fried to golden perfection.
- **Z u Ò Z M n g t á n g J + (G e n e r a l A n c i e n t C h i n e s e)** dry dish made with crispy chicken thighs and hoisin sauce that tantalizes the palate.
- **X ì n g r é n J + (A l m o n d C e p h a l o p o d)** chicken is coated with a delectable batter, served on a bed of lettuce topped with a rich sauce that complements the textural contrast.
- **X i n g c h é n g N i ú r ò u (C r i s p y F o u n t a i n B e e f)** with zesty orange gives this dish a bright flavor, culminating in a beautifully crunchy finish.
- **J + n g s h ì T á n g c ù L Ğ j Ğ (B e i j i n g - S t y l e S w e e t a n d S o u r)** offers a refined version of sweet and sour pork, with tender pieces cooked just right for a delightful taste experience.
- **Salted Egg Fried Shrimp:** This innovative dish incorporates rich salted duck yolks, creating a unique flavor profile and a delectable crunch.
- **J i o y á n X i n y ó u (S a l t a n d P e p p e r S q u i d)** calamari, this dish uses a special spice mix to elevate the taste of crispy squid rings.

Frying Techniques



Expert frying involves intricate techniques that enhance the overall quality of the dishes. Preparation of the coating is vital; combining the dry ingredients and allowing the batter to rest promotes even frying. Monitoring oil temperature is essential, and an instant-read thermometer can be a helpful

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Chapter 9 Summary: On Special Occasion

On Special Occasion

Chinese celebrations are renowned for their cheerful ambiance, rich culinary traditions, and communal gatherings. Special occasions, such as the Chinese New Year, are marked by an array of lavish dishes, often referred to as A-list recipes. These meals are not merely sustenance; they embody cultural heritage and familial bonds, serving to impress and delight guests.

Signature Dishes

1. **H i n á n J + F à n (mwSW-Pĩ) - H a i n a n e s e C h i c k e n R i c e**

This beloved dish, which serves 4 to 6, takes about 2 hours and 45 minutes to prepare. It features a whole chicken paired with fragrant jasmine rice, seasoned with scallions, ginger, garlic, soy sauce, and sesame oil. Optional pandan leaves add a unique flavor, reminiscent of vanilla in Southeast Asian cuisine. Beyond its deliciousness, Hainanese Chicken Rice evokes nostalgia and symbolizes familial warmth and culinary ancestry.

2. **K o y (pä•() - R o a s t D u c k**



This iconic dish, serving 4, takes around 3 hours to prepare, focusing on a technique that renders the skin perfectly crispy while ensuring the meat remains juicy—showcasing the precision of Chinese roasting methods.

3. **Hóngshāo ròu (红烧肉) - Red-Braised Pork Belly**

Serving 6 to 8, this dish requires about 2 hours to prepare. It features tender pork belly stewed to achieve a rich, sweet, and savory glaze, making it an excellent accompaniment to steamed rice.

4. **Cuìpí Shāo ròu (脆皮烧肉) - Crispy Roast Pork Bell**

This dish caters to 8 to 10 people and requires an intricate preparation process that involves salting, aiming to recreate the authentic textures of Cantonese-style crispy skin over succulent meat.

5. **Cháosháo (叉烧) - Char Siu**

Taking up to 11 hours to prepare, Char Siu exemplifies the essence of Cantonese barbecue, celebrated for its sweet, sticky glaze and umami-rich flavors.

6. **Sìchuan Shuǒzhǔ Yú (水煮鱼) - Sichuan Boiled**

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Known for its bold and spicy flavors, this visually striking dish features delicate fish fillets cooked in a spicy broth, symbolizing the adventurous spirit of Sichuan cuisine.

7. J i n g c M n g L ó n g x i (... ‘ ... % Ÿ • ‡ f) - G i n g e r - S c a l l i o n L

This luxurious dish, often featured as a centerpiece, embodies celebration and abundance. Its vibrant presentation is designed to impress, further enhancing the festive atmosphere.

Traditional Celebrations and Customs

Chinese New Year, with its deep-rooted traditions, places significant emphasis on food symbolism linked to auspicious beliefs. Many of the featured dishes are chosen not only for their flavors but also for the prosperity and luck they are believed to bring. For example, certain foods are sought after for their homophones (words that sound similar) that resonate with positive meanings. Traditional customs, like refraining from cleaning or disposing of trash on New Year's Day, underscore superstitions aimed at maintaining good fortune for the year ahead.

Conclusion

This chapter elegantly traverses the rich tapestry of festive Chinese cuisine,



merging tradition and family connections with the vibrant flavors emblematic of special celebrations. The array of signature dishes highlights the artistry and cultural significance behind each meal, showcasing how food can deepen communal ties and enhance joyful gatherings.

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Chapter 10 Summary: All Day Breakfast

Chapter 10 Summary: All Day Breakfast

In "All Day Breakfast," Kevin Pang immerses readers in the rich breakfast culture of Hong Kong, highlighting a delightful array of comforting dishes that epitomize the essence of everyday Chinese cooking. The chapter showcases both sweet and savory breakfast options, celebrating traditional favorites alongside unique interpretations that reflect the city's culinary diversity.

Breakfast Dishes Featured:

Pang introduces several quintessential breakfast items, beginning with **G āng shì Nǐ cǎi** (奶茶), or Hong Kong-style milk tea. This beverage, crafted from a blend of Ceylon and Assam tea leaves, is served with a sumptuous mix of evaporated milk and sweetened condensed milk, creating a silky texture. Another breakfast staple is **Nǐ yóu duǎn** (牛奶), a lavishly buttered toast topped with condensed milk, offering a sweet start to the day.

For those seeking a nutritious beverage, **Dòu jī nǐ cǎi** (豆漿), homemade soy

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milk, is served either warm or cold, providing a refreshing balance to the meal. The comforting **Zhōng** (粥), or congee, features prominent versatile rice porridge, customizable with numerous toppings such as **Xiàzhǒu** (叉燒), a savory stir-fried ground pork that adds a rich flavor and heartiness.

Bakery Highlights:

The chapter also explores beloved bakery items integral to Hong Kong breakfasts. Among these is the iconic **Bīngpiàn** (菠蘿餅), a sweet bun topped with a crumbly crust that resembles pineapple skin. Variants such as **Chāoshuǐ Bīngpiàn** (叉燒水餅), which combines the bun with savory fillings like barbecued pork, and **Níhuáng Bīngpiàn** (奶黃餅), featuring a rich custard filling, showcase the inventive spirit of local bakers. Completing the breakfast experience, **Yóutiáo** (油條), or fried dough sticks, are frequently enjoyed with soy milk or congee, solidifying their status as a popular breakfast staple.

Culinary Techniques:

Pang enhances the chapter with detailed recipes and cooking techniques, empowering readers to recreate these beloved dishes at home. He underlines



the blending of Chinese and Western culinary influences in Hong Kong cuisine, which celebrates the city's vibrant gastronomic heritage.

Conclusion:

The chapter culminates in a vivid portrayal of **cha chaan teng**, the local tea restaurants that epitomize Hong Kong's unique breakfast experience. These establishments seamlessly merge traditional recipes with modern twists, catering to the dynamic lifestyle of the city's residents. Ultimately, "All Day Breakfast" serves as a heartfelt tribute to Hong Kong's breakfast culture, inviting readers to indulge in the soul-satisfying foods that bring warmth and comfort to everyday life.

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