



Henry Chung's Hunan Style Chinese Cookbook

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The cuisine of the Chinese province of Hunan is unlike any other in the world. Its delicious distinction comes from the intelligent mixing of ingredients and cooking techniques, which makes for marvelously varied and sumptuous meals. Henry Chung has put together a collection of recipes from his homeland, especially adapted for the American kitchen, that will delight all cooks, whether or not they have used a wok or other Chinese utensils. With step-by-step instructions and detailed information about ingredients and where to obtain them, exotic recipes such as Harvest Pork and Shredded Beef and Shining Noodle Soup can be made by even the novice cook. This book is more than a cookbook - you will be introduced to the friends and family of Henry Chung as well as the legends and customs of Hunan. You will learn of Mr. Chung's grandmother - who taught him to cook - and of life in the countryside of China. From how "To Model a Baby Before Its Coming Into Being" to all the intricacies of a Chinese wedding, you will soon come to know the people of Hunan, what they love to eat and how they live.

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