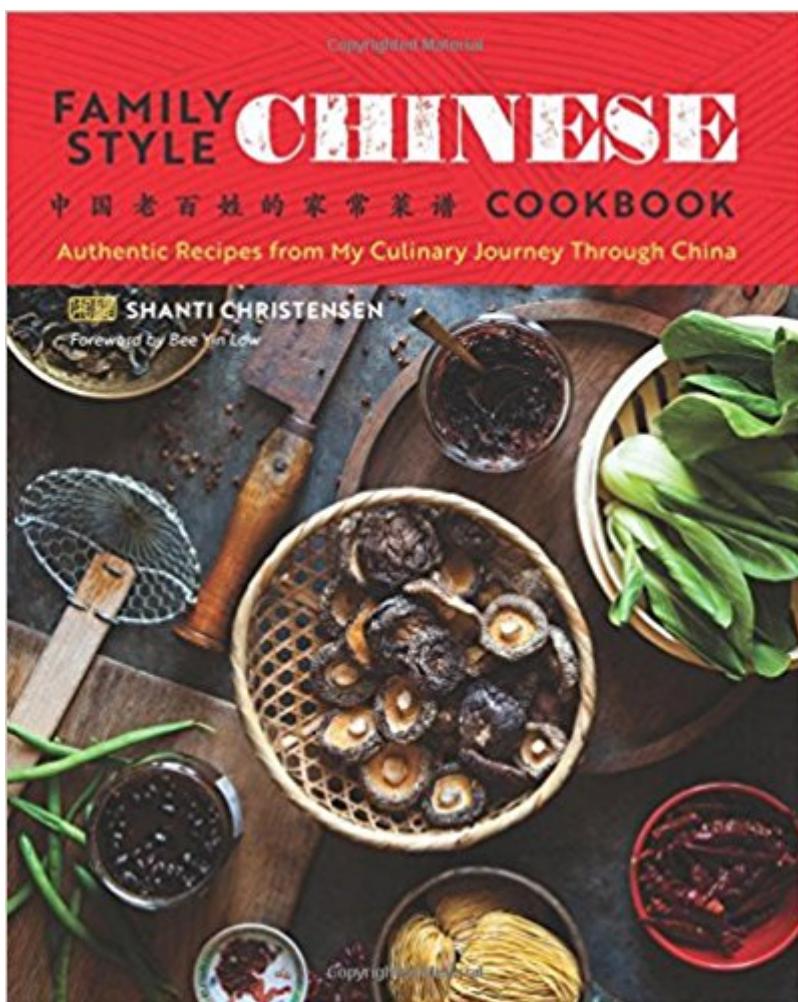


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# Family Style Chinese Cookbook: Authentic Recipes From My Culinary Journey Through China



## Synopsis

“Family Style Chinese Cookbook is a treasure trove of real Chinese home cooking. But it’s more than just a cookbook—it’s a collection of stories about tradition, ceremony, family, and pride. Bee Yinn Low, author of Easy Chinese Recipes Authentic Chinese cuisine is responsible for some of the most tantalizing dishes in the world. And yet, creating these delicious dishes may seem daunting. We’re not talking about westernized Chinese food that you can find in most Chinese cookbooks, but rather the succulent flavors, vibrant aromatics, and bold pairings that define what authentic Chinese food truly is. Shanti Christensen knows a thing or two about what makes Chinese food authentic. As food editor for *Time Out Beijing* and an avid traveller, Shanti soaked up China’s culture and food. But the best cuisine she experienced wasn’t from five-star restaurants, but rather from the family kitchens of locals. *Family Style Chinese Cookbook* is an assemblage of family recipes that Shanti collected during her time with families throughout China. Presented alongside endearing stories, these recipes form a Chinese cookbook that evokes a truly unique experience to excite your curious spirit and surprise your adventurous palate. With *Family Style Chinese Cookbook* you’ll find everything you need to cook home-style Chinese food from your very own kitchen, including:

- High quality, authentic, Chinese family heirloom recipes
- Cooking tips based on your personal preferences, and suggested variations for hard to find ingredients
- Guidance for stocking up on Chinese pantry essentials and finding unique ingredients
- Overview of essential equipment commonly required for proper recipe preparation such as a glazed clay pot, wok, and mandoline
- Simplified instructions of basic cooking techniques including those for tenderizing meat, stir-frying, parboiling, and braising

In China, food brings people together. With the ease and simplicity of *Family Style Chinese Cookbook*, you and yours will savor the bold flavors, sweet aromas, and warm connection that can be offered through authentic Chinese cooking.

## Book Information

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## Customer Reviews

"Shanti's quest to learn authentic Chinese cooking led her into 40 families over 3 years and culminated in this treasure trove of family recipes. Her superb story telling makes us feel like an extended family, privy to secrets that have been passed down for generations." •Wok Star Eleanor Hoh, cooking teacher, entrepreneur, [wokstar.com](http://wokstar.com)

Shanti Christensen grew up in Stockton, California. With a degree in graphic design from University of California, Davis, Shanti worked as a digital marketing consultant. Following her curiosity about how other people in the world live and eat, she cut loose in 2005 to travel across Asia and live in Beijing. She started ShowShanti.com to document her food explorations in China and was the food editor for Time Out Beijing. She currently works as a freelance graphic designer in the Bay Area. Shanti loves cooking for friends and family and telling stories. This is her first cookbook. Bee Yinn Low is the author of Easy Chinese Recipes and Easy Asian Takeout and the publisher behind the hugely successful and popular Asian recipes site RasaMalaysia.com, the largest independent Asian recipes blog on the web. Her passion for food and cooking has turned her into an Asian food authority, and her easy, tried and tested recipes have earned her many accolades.

An awesome compilation that steps far beyond the standard Chinese cookbook and shares the yummy satisfaction of cooking and eating family style. The cookbook is beautifully designed and recipes are easy to follow. Just cooked the three-colored shredded chicken and the eggplant and green beans--- so delicious and easy to follow.

Beautiful photos, colorful stories and amazing recipes! This book well researched and written with true love of Chinese culture. I like the helpful section on ingredients, equipment and family table etiquette.

Even though it's paperback it is a beautifully produced, illustrated and logically presented book. The

author writes very well and her infectious enthusiasm shines through every page. I think it's going to open a lot of people's eyes to a whole new culinary world they didn't know existed.

This cookbook makes me want to jump in the car and start cooking chinese cuisine right now...even if it's for 1 person. :) The recipes don't seem daunting at all and they seem so yummy. I love the stories and how Shanti tied each recipe to a local Chinese family she met. I used to never want to travel to China but reading this book has made it seem like it would be a really fun adventure. I went to her blog and explored the recipes and loved the video tutorials for some of the recipes. Thank you Shanti!!! I can feel every ounce of love you poured into creating this amazing cookbook.

The photographs of the food and the markets are so well done that the reader truly wants to cook this cuisine. The introduction listing the ingredients and the equipment describing them makes this task seem like it can be accomplished. What a beautiful book - I can't wait to get started following the well thought out directions.

Really enjoyed this book...so much more than cooking. Though I hope the author doesn't mind that the Xinjiang Lamb Kebabs is now one of my signature dishes! Authentic and original recipes with stories of discovery and delight kept me interested long after the meal. Highly recommend!

Great ebook with many great recipes using a wide variety of ingredients. Pretty detailed many techniques are discussed for cooking. Lots of delicious dishes here.

The stories are really intimate and heartfelt, and the recipes are very clear, descriptive, and easy to follow. I love simple recipes so i gravitate towards the ones that do not have too many ingredients. They are delicious, we loved pork ribs and corn soup, steamed white fish and old wife Ma Po's tofu! This book is way more than just a cookbook: its a writer's personal journey into many Chinese kitchens. To me, it is beautifully documented and tasty journalism at its finest.

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