

[Free] New Chinese Vegetarian Cooking

New Chinese Vegetarian Cooking

Kenneth H.C. Lo

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Kenneth H.C. Lo : New Chinese Vegetarian Cooking before purchasing it in order to gauge whether or not it would be worth my time, and all praised New Chinese Vegetarian Cooking:

0 of 0 people found the following review helpful. Way better than other Chinese cookbooks! I highly recommend! By University Doc I like this one better than the other old Chinese Cook book I picked up here at . This one has many more varied meals. Meal that I actually want to try. Overall, if you're into Chinese Vegetarian cooking, or just want to try it, may I suggest this one. 4 of 4 people found the following review helpful. Holds its own even today By jmk I'm taking time to review because although it's less fancy than contemporary cookbooks, with no photos or illustrations, the recipes are top notch, and this is a regular go-to book for me. They are simple and authentic. And almost all are winners. Unlike many vegetarian cookbooks, these recipes stand up on their own, not just as poor seconds to meat. Lo has a knack for mixing textures and flavors, like crunchy mixed with chewy, and salty mixed with sour. Lots of layers, often from combining the same ingredients cooked in different ways in the same dish (mushroom concentrate together with fresh, fermented tofu together with tofu skin, etc.) Note that these are not typical Chinese restaurant dishes-- less showy, more subtle, and less sweet. His MuShu for instance is the old one from China with wood ears and golden needle, not the Chinese-American version with coleslaw. I even sometimes use his recipe as the basis for meat recipes by substituting pork for tofu etc. Nitpicking: sometimes he leaves an ingredient out of the instructions, and he never says what he means by a "cake of tofu"--I'm guessing 8 oz? I haven't tried Lo's other books, but from perusal this may be one of his best. Who'd think a tennis player who wasn't trained in cooking would write my favorite Chinese

cookbook. It's cheap used, get it. 2 of 2 people found the following review helpful. This one's my favorite. Every recipe is a winner
By Shelah Horvitz I have lots of cookbooks. This one's my favorite. Every recipe is a winner.

From Publishers Weekly Chinese cooking authority Lo has invented dishes that present vegetables in an Oriental equivalent of "cuisine naturelle." The recipes are, nonetheless, quintessentially Chinese, for example, cold-tossed bean curd with egg, garlic-ginger dressing, mixed sauces or cold-tossed noodles with sweetened brown-bean sauce and stir-fried, soupy stews. Many of the dishes make equally good main or side courses or can be combined in a Chinese banquet. Similarly, many of the techniques and seasonings Lo discusses are versatile enough for all sorts of vegetables. Copyright 1987 Reed Business Information, Inc.