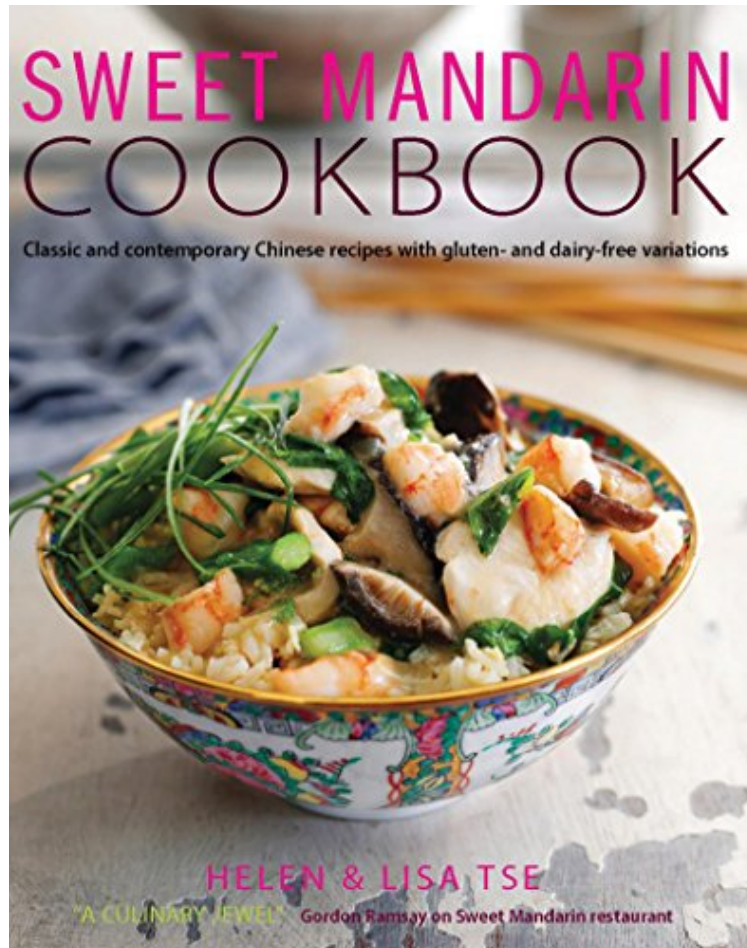


[Mobile pdf] Sweet Mandarin: Classic Contemporary Chinese Recipes with Gluten and Dairy-Free Variations

Sweet Mandarin: Classic Contemporary Chinese Recipes with Gluten and Dairy-Free Variations

Helen Tse, Lisa Tse

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Helen Tse, Lisa Tse : Sweet Mandarin: Classic Contemporary Chinese Recipes with Gluten and Dairy-Free Variations before purchasing it in order to gauge whether or not it would be worth my time, and all praised Sweet Mandarin: Classic Contemporary Chinese Recipes with Gluten and Dairy-Free Variations:

1 of 1 people found the following review helpful. Beautifully crafted book By Kaimen Norman Ng Cooked since I was 12 years old. Being Asian myself. Beautifully crafted book. All dishes I grew up with. 0 of 0 people found the following review helpful. trustworthy seller. By crystalbluerain The recipes are divine... and the condition of the book was great... just as it was published. 2 of 2 people found the following review helpful. very disappointing By SarahHi, This restaurant has won at least one award and they have a cooking school. I can't imagine that either could be anything like the book, which is unbelievably disappointing. I have made 3 recipes so far and all have been disasters. For example,

the stir-fried choy sum, all 150g of it, which is a very small bunch is to be seasoned with 1 tsp salt and 1 tsp sugar? I only used half the sugar and it tasted like a dessert. I didn't put anywhere near this amount of salt, obviously. Yes, I know the Chinese believe in balancing sugar and salt, but 1 teaspoon of salt would be way too salty for this amount of greens and the sugar wouldn't remove the saltiness. On top of this, the choy sum was blanched in boiling water for 5 minutes and then stir-fried for a further 5. I only stir-fried for 2 minutes, as the vegetable was breaking down at this point. Seven minutes cooking was way too long, never mind ten. I made the beef hor fun and it had way too much soy sauce in it, i.e. unbelievably salty, and was inedible. A shame really, as the fried beef tasted good before it was added to the noodles and soy sauce. The other dish I made was a beef stew, which said the large chunks of beef would be meltingly soft after 1 hour 40 minutes of simmering. I used the cut of beef specified in the recipe and cut the pieces to the specified size. I was suspicious that they could become soft in this time, as I am in the habit of making a beef stew that specifies simmering it for 3 1/2 hours. Three hours isn't long enough to produce the meltingly soft meat in that stew. I cook a lot and am very disappointed in this book. I don't normally write reviews, but I see there are two 5-star reviews for this book, so wanted to give the review section some balance. It's possible I picked the only 3 recipes in this book that don't work, but I find that hard to believe. I may try one or two more recipes and if they work, will post another review to indicate which ones they are.

Helen and Lisa Tse have been cooking original family recipes that have been handed down through the generations all their lives. In *Sweet Mandarin* they share their knowledge, favorite recipes and cooking tips. From basic advice on Chinese cuisine, including essential pieces of equipment such as a wok, cleaver and steamer to Chinese pantry ingredients and essentials, you'll soon be creating healthy and nutritious meals. Broken down into Soups, Stocks, Starters; Poultry; Pork Beef; Fish Seafood; Noodles; Rice: Desserts Cocktails, the 100 simple yet delicious recipes include Cantonese Won Ton Soup, Salt and Chile Squid, Hong Kong Beef Skewers with Satay Dip, favorites like Aromatic Crispy Duck and Chicken Chow Mein, Fortune Cookies and even exotic cocktails such as Sweet Chile Strawberry Daiquiri and each includes Allergen and Dietary Information, tips on making the recipe gluten-free, and a QR code with a free video of the authors making the dish. With gorgeous color photography throughout, this is the bible for everyone who loves Chinese food including those that thought they couldn't eat it gluten free!

With the *Sweet Mandarin Cookbook*, we want Chinese food to be as accessible to all as possible and that is why there are options for allergen free or to come as close to. 1 in 100 people have Coeliac disease and the statistics is higher for those with gluten intolerance. We can cater for such dietary requirements and want this cookbook to also do the same. (Ken Choy Yahoo, 5/7/2014) Twin sisters Helen and Lisa Tse, the culinary force behind the popular *Sweet Mandarin* restaurant in Manchester, UK, have deftly translated their dishes for home cooks of all skill levels (and diets). Their first cookbook (Helen penned an award-winning memoir also titled *Sweet Mandarin*, 2008) gives cooks all the necessary tools to prepare popular Chinese takeout dishes like hot-and-sour soup, lettuce wraps with chicken, and a variety of stir-fries in their own kitchens. And there are plenty of modern twists (and lush food photography) inside, such as chile chocolate macaroons, Asian-style burgers, and sweet Mandarin barbecue ribs. Even better, the Tses offer gluten- and dairy-free options for each recipe, along with personal and historical anecdotes. Also indispensable are the sections on Chinese cooking tips, stocking a pantry, and purchasing cooking supplies. For those who have the local Chinese takeout place on speed dial, this will become a much-loved book. (Heather Lalley Booklist, 7/1/2014) This feels like exactly the "introduction to Chinese cuisine" cookbook that I've been looking for: completely approachable and with a real sense of fun! Most of the recipes will be recognizable by anyone who's been to a Chinese restaurant recently and the ingredients can be easily found at any grocery store with Asian foods section or even one with just a small selection. Helen and Lisa Tse come from a long line of Chinese chefs - their grandmother opened one of the first Chinese restaurants in the UK after immigrating in the 1950's. But although they're restaurant owners, the dishes and the recipes feel solidly rooted in the home cooking space. This is reflected not only in the "weeknight" feel of the recipes but also in their awareness of dietary needs; if the recipe isn't naturally gluten-free, dairy-free, or egg-free, variations are offered for each circumstance. (The Kitchen, 6/19/2014) *Sweet Mandarin* is a nicely done cookbook with great instructions and pictures. I have a few standouts tabbed for trying. I made the Peninsula style chicken with cashew nuts but changed it up a little - it was really delicious. The instructions are written clearly and the ingredients were not difficult for me to find here in Denver. Most ingredients, if not accessible easily in your Asian section at the market, can be ordered online. One of the things that I loved about this book is that it does have a small dessert and cocktail section. Many Asian cookbooks have very limited recipes on the sweet side. (Jenny Hartin Mad Rantings of Andrew's Mom, 9/15/2014) About the Author Helen and Lisa Tse are British-born Chinese twin sisters who became the third generation of female restaurateurs when they opened the award-winning *Sweet Mandarin* restaurant and cooking school in Manchester, England. Head chef Lisa has been awarded the AA one star rosette twice. They also sell a successful line of gluten-free vegan *Sweet Mandarin* sauces. *Sweet Mandarin* has been featured in the *Wall Street Journal*, *The Sunday Times*, *BBC Newsnight*, the front cover of the *Shanghai Daily* and "Iron Chef." Helen is the author of *Sweet Mandarin*, a true story about her family's journey, which was chosen by

Barnes Noble in their Great New Writer's Selection and called a "tender heart-rending story" by The Wall Street Journal. Visit them online at sweetmandarin.com.