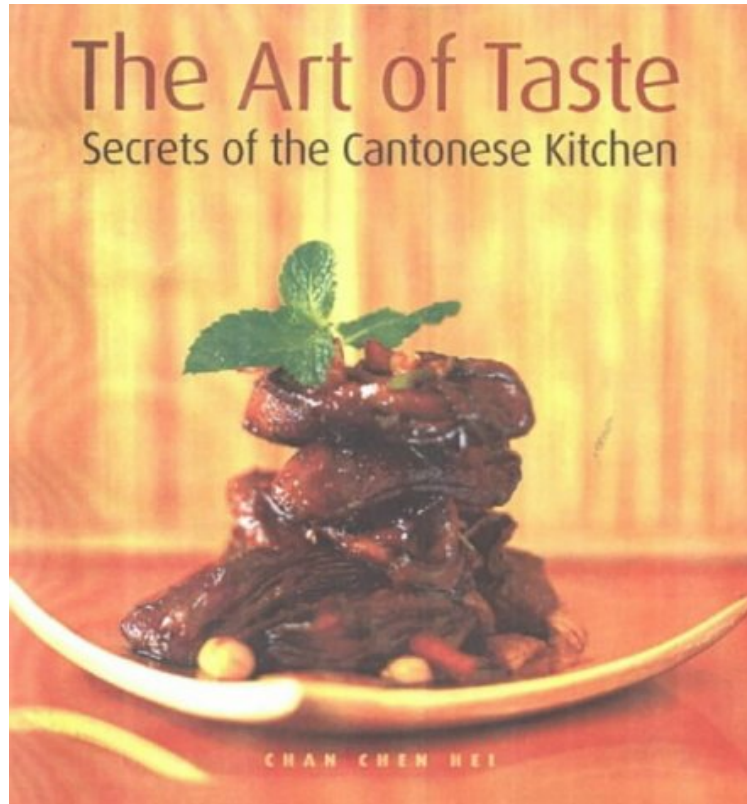


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## The Art of Taste: Secrets of the Cantonese Kitchen

*Chan Chen Hei*

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**Chan Chen Hei : The Art of Taste: Secrets of the Cantonese Kitchen** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Art of Taste: Secrets of the Cantonese Kitchen:

Featuring 60 recipes, specially selected and written by Chef Chan himself for this book, this is a unique treasure of Cantonese culinary art. There are recipes from the chef's own home village, Shun Tak in Guangzhou, China, including iconic Cantonese dishes such as Fried Fresh Milk and Steamed Ba Wang Chicken. Also revealed for the first time in Singapore is the complete recipe of Nanjing Salt Water Duck. Alongside rustic specialities such as Steamed Fish Belly with Dried Olives and Steamed Pork with Black Beans, Chef Chan presents new creations from his years as a top chef at a five-star hotel, including Beef Tenderloin Roll and Cold Abalone Salad. Written for the beginners as well as the seasoned cook, the recipes are clearly explained and easy-to-follow, and geared to the modern kitchen. Throughout this culinary adventure, Chef Chan sprinkles his recipes generously with priceless nuggets of advice, practical and insightful tips, and the gentle wisdom of a man in love with his craft and at the pinnacle of his profession.

About the AuthorCanton-born Chef Chan Chen Hei is one of the most well-known Chinese masterchefs in Singapore.

He is currently running his own restaurant, Chef Chan's Cantonese Cuisine in Singapore. The elegant restaurant serves flavoursome favourites and has been highly popular with food lovers from far near and far. Having worked as Executive Chef of The Pan Pacific Hotel Singapore's Hai Tien Lo Restaurant for more than a decade, Chef Chan has garnered many accolades for his top-notch Cantonese cuisine. As a young boy, he moved to Hong Kong with his family and later at 13, began his culinary journey as a kitchen helper. After working as a 'steamcook' in Wanchai Restaurant in Hong Kong, he worked his way through several well-known restaurants. He then came to Singapore to work as second chef at The Summer Palace Restaurant and Head Chef at The Fragrant Blossom Restaurant before joining Hai Tien Lo in 1988. The Chef is also an avid collector of rare and priceless Chinese antiques and artefacts, many being food-related. His unique collection is being showcased at his charming restaurant.