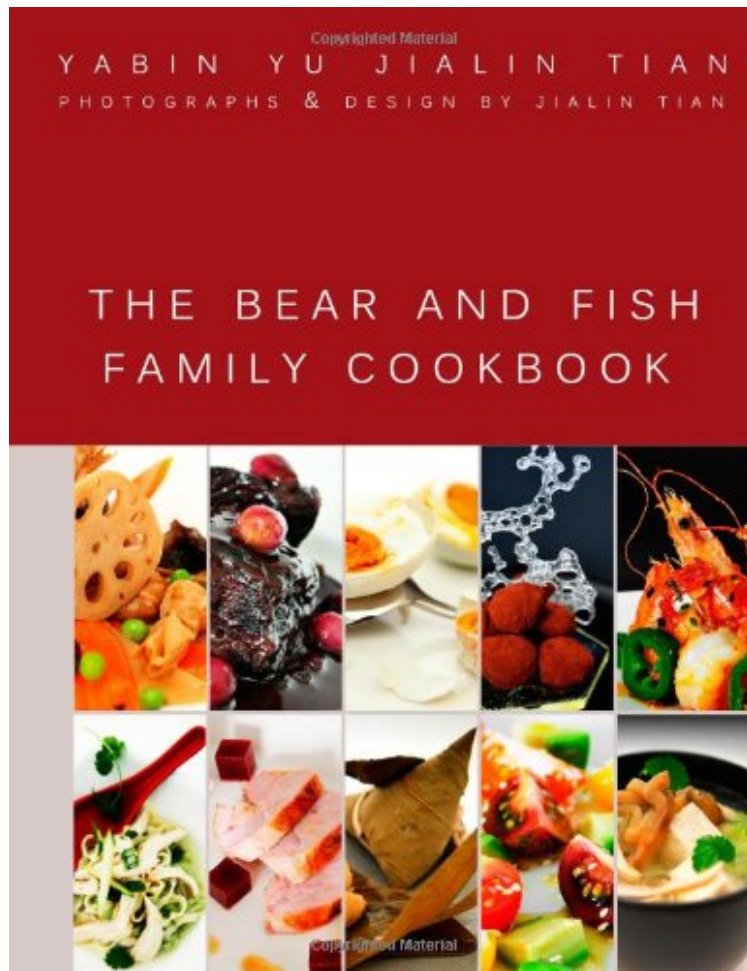


(Read ebook) The Bear and Fish Family Cookbook

# The Bear and Fish Family Cookbook

*Yabin Yu, Jialin Tian*

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**Yabin Yu, Jialin Tian : The Bear and Fish Family Cookbook** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Bear and Fish Family Cookbook:

1 of 1 people found the following review helpful. A hidden gem! By LCMy Chinese friend in San Francisco recommended this book to me. It is absolutely a hidden gem! The recipes are clearly written in details, the photographs are modern and gorgeous, and the personal stories of the author growing up in Beijing are charming additions to the wonderful dishes. Unlike most Chinese food found in America, these dishes are healthier and more delicate. I enjoy having the lotus root salad which is very refreshing, unique, and simple to make. The green onion flatbreads turned out to be delicious! So far, all the recipes that I tried have worked great! It is nice to see that Chinese food is more than just stir-fry and chicken fried rice. 0 of 1 people found the following review helpful. Difficult to use By Banana Mash While the food in the pictures looks great, there is no index and the recipes are broken up across pages. The authors certainly could have used advice on page layout, graphics, and including an index. This one is

being returned and I will stick to Fuchsia Dunlop's and Nina Simond's/Deh-Ta Hsiung's cookbooks. Thank you anyway. 4 of 4 people found the following review helpful. A unique and highly recommended addition to personal, family, professional, and community library cookbook collections. By Midwest Book Review Yabin Yu was born in Beijing, China. Jialin Tian was born in Tianjin, China. In "The Bear And Fish Family Cookbook" these two culinary enthusiasts collaborate to compile an impressive series of more than 130 recipes offering a new and fascinating approach to conventional Asian cuisine. There are dishes for every dining occasion and every course of a meal. Ranging from Deep-Fried Spring Rolls; Napa Cabbage, Bean Threads, and Meatball Soup; Baked Egg Custard with Ground Pork; and Braised Beef with Fermented Bean Paste; to Meat Stuffed Cabbage; Sweet and Sour Spareribs; Coconut Curry Shrimp; and Noodles with Peanut Butter Sauce, The step-by-step, 'kitchen cook friendly' recipes comprising "The Bear And Fish Family Cookbook" are beautifully illustrated, and as nutritious as they are delicious! Combining an eclectic approach to Asian cuisine with contemporary innovations on traditional themes, "The Bear And Fish Family Cookbook" is a unique and highly recommended addition to personal, family, professional, and community library cookbook collections.

The Bear and Fish Family Cookbook breaks the traditional format of an ethnic cookbook, offering a refreshing and unique approach to conventional Asian cuisine. Written by two passionate foodies and professional engineers, this is a cookbook that defines its own genre. This collection contains more than 130 authors' family favorite recipes, ranging from Sous Vide Turkey roulade to Sauteed Clam with Shaohsing Wine Sauce; from Cantonese-style Moon Cake to Chocolate Truffles with Lychee Ganache. The book is divided into eleven chapters that include appetizers, soup, salads, eggs, poultry, meat, seafood, vegetables, rice and noodles, dessert and pastry, and basic recipes. The recipes emphasize simple, healthy, and elegant ethnic and fusion cuisine that are inspired by a mixture of different cultures and styles. You will learn the techniques to prepare classic Chinese favorites such as Sweet and Sour Pork, Pot Stickers, Ma Po Tofu, Tea Eggs, as well as fusion creations such as Sous Vide Moulard Duck Breasts with Five-Spice, Pan-Seared Diver Scallops with Orange and Passion Fruit Sauce, Braised Cauliflowers with Serrano Ham, and Mini Meyer Lemon Scones. The Bear and Fish Family Cookbook is an eclectic volume of memorable food, nostalgic tales, traditional versus contemporary techniques, and simple classics versus modern innovations. Simply put, this book is a compilation of the food that the authors love to eat and cook. Each recipe is accompanied by a beautifully photographed picture of the finished dish.

"It's hard enough for mainstream publishing houses to get press for their cookbooks, let alone self-published cookbooks. But once in a while small-batch printings of cookbooks merit attention and The Bear and Fish Family Cookbook is a good example. The mother-daughter team of Yabin Yu and Jialin Tian have produced a sophisticated cookbook ... that boasts beautiful images and intricate, involved recipes that emphasize method and technique. Both women are electrical engineers, and their keen attention to detail is evident throughout the precise, orderly and detailed work. The book takes its name from Yu's father's family name, which means "bear" in Chinese, and her mother's family name, which is pronounced the same as "fish" in Chinese. Yu infuses the book with vivid family memories and recipes from her native Beijing; Tian, born in Tianjin, China, adds a contemporary flair with modern Asian fusion... Retirement allowed [Yu] the time to join with her daughter to bring forth the recipes for food from the Bear and Fish families. To our good fortune." ---- Greg Morago, The Houston Chronicle "I confess that years of reviewing have made most cookbooks look alike to me. There are always exceptions, however, and The Bear and Fish Family Cookbook by Yabin Yu and Jialin is certainly one. The popularity of Asian cuisine is well established in America and the authors have put together 130 of their family's favorite recipes, illustrated by 130 mouth-watering full color photos, to teach readers how to prepare classic Chinese dishes that include appetizers, soup, salads, eggs, poultry, meat, seafood, vegetables, rice and noodles, desserts and pastries. Every page is an invitation to try something delicious. My late Mother who wrote cookbooks and taught haute cuisine would have loved this cookbook and been eager to try its recipes. From far-off Beijing and Tianjin China, the authors, both of whom have advanced degrees in engineering, demonstrate that it is the love of food that connects the whole human family." ---- Alan Caruba, bookviews.com "I confess that years of reviewing have made most cookbooks look alike to me. There are always exceptions, however, and The Bear and Fish Family Cookbook by Yabin Yu and Jialin is certainly one. The popularity of Asian cuisine is well established in America and the authors have put together 130 of their family's favorite recipes, illustrated by 130 mouth-watering full color photos, to teach readers how to prepare classic Chinese dishes that include appetizers, soup, salads, eggs, poultry, meat, seafood, vegetables, rice and noodles, desserts and pastries. Every page is an invitation to try something delicious. My late Mother who wrote cookbooks and taught haute cuisine would have loved this cookbook and been eager to try its recipes... From far-off Beijing and Tianjin China, the authors, both of whom have advanced degrees in engineering, demonstrate that it is the love of food that connects the whole human family." -- Alan Caruba, bookviews.com "It's hard enough for mainstream publishing houses to get press for their cookbooks, let alone self-published cookbooks. But once in a while small-batch printings of cookbooks merit attention and The Bear and Fish Family Cookbook is a good example. The mother-daughter team of Yabin Yu and Jialin Tian have produced

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**About the Author**

**Yabin Yu** was born in Beijing, China. Cooking has been her lifelong passion, and becoming a cookbook author has been her aspiration for years. She immigrated to the United States in 1986 as a graduate school student studying engineering. She was a senior software engineer at Baker Hughes before she retired in 2006. Since then, she planned to write a cookbook. Her cooking philosophy and approach are signified by her simple, healthy, and delicious ethnic-fusion cuisine. Yabin holds a Master's degree in electrical engineering from the City University of New York. She currently lives in the Woodlands, north of Houston, with her husband Richard. Besides cooking, she enjoys gardening, music, travel, and reading.

**Jialin Tian** was born in Tianjin, China. When she was young, she enjoyed helping her mother and grandmother in the kitchen. She became interested in cooking when she was an engineering student in college. To her, cooking combines art, science, and engineering. She has co-written the family cookbook with her mother and was the major contributor to the pastry section of their book. She studied sugar art and chocolate works under world-renowned pastry chefs Steacutephane Glacier, M. O. F. and Jean-Pierre Wybauw at the French Pastry School in Chicago. Besides cooking and pastry art, she enjoys painting, piano, travel, graphic design, and photographing. She is responsible for the design, styling, photographs, and web design of their family cookbook. She is currently a research engineer at NASA Langley Research Center. Jialin received her B.S. and M.S. degrees in electrical engineering from North Carolina State University and Purdue University in 1997 and 1999, respectively. She received her Ph.D. in electrical and computer engineering from the Georgia Institute of Technology in 2004. She currently lives in Yorktown, Virginia.