



Secrets of
NUTRITIONAL
CHINESE
COOKERY



Ng Siong Mui



Secrets Nutritious Chinese Cookery

Ji In Choi



Secrets Nutritchinese Cookery:

Secrets of Chinese Nutrition Ng Siong Mui,2014-10-02 This is the much awaited revised edition complete with a fresh design and more enticing food photography of a book that has found a place in the canon of Singapore cookbooks Originally published as Secrets of Nutritional Chinese Cookery its clear and easy to follow recipes produce delicious and fortifying Chinese food based on principles that date back 4 000 years It shares how the basic techniques of stir frying steaming simmering double boiling and stewing coaxes the best from choice and humble ingredients to produce nutritional dishes suitable for everyday meals and banquets The key of this book is the Chinese belief that food is eaten not just to fuel the body please the palate and satisfy the soul but also eaten to promote good health It is therefore a practical guide to eating nutritional food and maintaining good health the Chinese way

Chinese Cookery Secrets Esther Chan,2014-06-03 To eat a Chinese meal is to enjoy one of the truly delicious pleasures of life The Chinese are artists when it comes to presentation seasoning and combining and their greatest skill is in choosing the freshest and most wholesome foods and making the most of them Chinese Cookery Secrets reveals exactly how the magic is accomplished Written over fifty years ago this is an authentic book on Chinese home cooking that is both a practical cookery book and a work of culinary history and culture that explains Chinese food preferences and describes the entire culinary process beginning with the selection of ingredients and the best way to shop for them preparation Chinese utensils the merits of different cooking methods seasoning and menu composition before proceeding to the recipes themselves which are classified in fifteen different categories displaying the variety of Chinese edible delights These include recipes for meat poultry game sea food fish noodles vegetables and sweet sour dishes as well as special sections on chafing dish and sandy pot cookery The directions are thorough and Chan includes social and historical information relating to Chinese food and cooking throughout the text which is lavishly illustrated with line drawings of ingredients to aid identification when shopping The variety of dishes background knowledge and detailed instructions from start to finish introduce the reader to a golden age of Chinese home cookery

Chinese Cookery Secrets Deh-Ta-Hsiung,1996-01-01 Chinese Cookery Secrets reveals to you the simple secrets of Chinese kitchen It is written by a person who has been involved with Chinese cookery since early childhood who has taken lessons from some of the leading Chinese chefs in England and HongKong and who has spent a great deal of time in many restaurants in different parts of the world The recipes presented here are arranged in groups according to various cooking method rather than the main ingredients to avoid too much unnecessary repetition of step by step cooking instruction for each individual recipe The book is made simpler by including Chinese names for all the recipes Planning menu and shopping guide chapters make this little book more interesting

Chinese Cookery Secrets Deh-Ta Hsiung,1997 *Chinese Cookery Secrets* Esther Chan,1953

The Art and Secrets of Chinese Cookery ,1954 *The Secret of Chinese Cooking* Meiru

Ludlow,2019-06-30 In this book I separate Chinese cooking into two parts One part is about cooking sauces and ingredients

used in Chinese dishes Another part is about cooking methods The combination of sauces creates the styles of a particular cuisine whereas cooking methods can create the desired taste and look As a result you will be able to create your own favourite dishes by following principles that I will tell you through examples To create Chinese dishes you will need to know why there are so many varieties and combinations in Chinese cuisine Let me tell you

The Art and Secrets of Chinese Cookery, 1942 *Secrets of Nutritional Chinese Cookery* Siong Mui Ng, 1988 **Secrets of Chinese Cooking** Tsuifeng Lin, Hsiangju Lin, 1970 **The Art and Secrets of Chinese Cookery** La Choy Food Products, Incorporated (Detroit, Mich.), 1932 Secrets of Chinese Cookery Tsuifeng Lin, Hsiangju Lin, 1964 Secrets from a Healthy Asian Kitchen Ying Chang Compestine, 2002 The Asian diet has long been touted as one of the most healthful in the world and in this new collection Ying Chang Compestine skillfully incorporates key ingredients that are the hallmark of the Asian food pyramid These foods not only enhance flavor but also promote health From ginseng and soy to garlic and green tea home cooks can create colorful and creative meals that pack a powerful health benefit

Chinese Food Secrets Pan Anzia, 2021-03-03 Any kitchen can be a Chinese kitchen with these easy homestyle recipes plus tips and techniques for cooking stocking your pantry making rice and more Chinese food is more popular than any other cuisine and yet it often intimidates North American home cooks Chinese Food draws cooks into the kitchen with recipes that include sizzling potstickers simply but delicious stir fries saucy braises and soups that bring comfort with a sip These are dishes that feed the belly and speak the universal language of mmm In Chinese Food you ll find approachable recipes and plenty of tips for favorite homestyle Chinese dishes such as red braised pork belly dry fried green beans braised beef noodle soup green onion pancakes garlic eggplant and the author s famous potstickers which consistently sell out her cooking classes in Seattle You will also find helpful tips and techniques such as caring for and using a wok and how to cook rice properly as well as a basic Chinese pantry list that also includes acceptable substitutions making it even simpler for the busiest among us to cook their favorite Chinese dishes at home Recipes are streamlined to minimize the fear factor of unfamiliar ingredients and techniques and home cooks are gently guided toward becoming comfortable cooking satisfying Chinese meals

Secrets in the Kitchen Ji In Choi, 2011-09-07 With the accelerating rate of cultural exchange many aspects of cultures around the world have mingled with each other As a result of such integration of numerous cultures foods from different countries also combined into one a type of food that is now called fusion food The most fascinating facet of fusion foods is that they emphasize benefits of both eastern and western foods Health benefits of Western foods which contain much protein and fats can be intensified when they are fused with Eastern foods that are based on vegetables Because I became more and more interested in fusion foods due to their nutritional values I tried a considerable number of fusion food recipes at home As I was cooking I realized it would be better to share the recipes with others and inform them about health benefits of some ingredients in each food Consequently I began to research about scientific basis for ingredients that are especially helpful for our bodies In the process of writing this book

with the initial motivation however I also learned that some ingredients complement other ingredients In other words some ingredients especially strengthen health benefits of other ingredients as a result of biochemical interactions between them Since knowledge about such combinations of ingredients is useful in cooking other foods I also decided to include the information as well The ten recipes for fusion foods most of which are combinations of Korean foods and Western foods are not only based on common ingredients but also very easy to follow The page next to each recipe includes information about health benefits of three selected ingredients In addition to individual explanations biochemical analyses about interactions between two ingredients are also provided below each explanation I hope my analytical studies will help those who are also interested in health effects of ingredients and biochemical mechanisms in cooking

The Enigmatic Realm of **Secrets Nutritchinese Cookery**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Secrets Nutritchinese Cookery** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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