

Download Chinese Food Made Easy free Ching-He Huang (PDF, ePub, Mobi)



Ching-He Huang is one of the brightest stars in modern Chinese cooking in the UK. Each week in her new BBC2 series she re-invents the nation's favourite Chinese dishes, modernising them with fresh, easy to buy ingredients, and offering simple practical tips and techniques. These are brought together in this beautiful book to accompany the series.

Drawing on the experiences of top chefs, her family and friends, growers and producers and celebrity enthusiasts Ching sets out to discover the best Chinese cooking in the UK today, introducing easy-to-make Chinese food to sometimes resistant Brits, and painting a picture of modern Anglo-Chinese life in the UK as she goes.

Ching's Chinese Kitchen begins with some of the most familiar dishes from a Chinese takeaway menu - Sweet & Sour Prawns, Chicken with Cashew Nuts, Chop Suey and Cantonese Vegetable Stir Fry, each with Ching's special and imaginative twist. Later we explore spicy Szechuan food: Noodles, Dumplings and Dim sum; Seafood; Fast Food ; Desserts and finally Celebratory Food, where Ching presents a complete banquet of dishes to celebrate the Chinese New Year.

Ching's knowledge, charm and enthusiasm shine through as she shares the 'basic principles' of Chinese cooking including some of the simple techniques and tips taught by her Grandparents for tasty results. Using ingredients from high-street supermarkets and some imaginative suggestions for alternative ingredients, these classic Chinese dishes are updated, fresh and healthily prepared so that anyone can make and enjoy them.

Reviews

'Packed with delicious, easy-to-make dishes ... Ching-He Huang is the new face of Chinese cooking.'
Heat magazine [five star review on 19/7/08]

About the author

Ching-He Huang is the new face of Chinese cooking on British tv. Born in Taiwan and brought up in South Africa, she moved to Britain when she was 11. Ching has always been passionate about food, so after graduating with a first class degree in economics, she set up Fuge, a fresh salad company and her healthy drinks company, Tzu. In addition to her forthcoming tv series on BBC2 she appears regularly on Saturday and Daily Cooks. Her first book, China Modern, was published in 2006.

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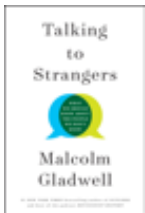
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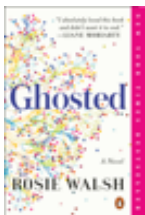
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