



Sampan Congee Recipe

Teresa M. Chen



Sampan Congee Recipe:

A Tradition of Soup Teresa M. Chen, 2009-04-28 Through recipes that use time honored medicinal ingredients A Tradition of Soup provides a fascinating narrative of the Southern Chinese immigrants who came to the United States in large numbers during the last half century the struggles they faced and overcame and the soups they used to heal and nourish their bodies Following the Chinese approach to health Teresa Chen who was born into a family of food connoisseurs and raised by a gourmet cook groups the recipes by seasons and health concerns according to Cantonese taxonomy tong simple broths soups and stews geng thickened soups juk rice soups or porridges and tong shui sweet soups as well as noodle soups wonton and dumpling soups and vegetable soups Also focusing on dahn steaming and louhfo slow cooking soups associated with good health the book features fresh natural and seasonal food A Tradition of Soup highlights recipes that serve a wide range of purposes from gaining or shedding weight to healing acne and preventing wrinkles While some ingredients may seem foreign to Western readers most are available in Chinese grocery stores To help readers identify and procure these items Chen provides a beautifully photographed ingredients glossary complete with Chinese names pronunciation and detailed descriptions *Dimsum* Margaret Leeming, May Man-hui Huang, 1985 *Florence Lin's Chinese Regional Cookbook* Florence Lin, 1975 Cooking from various regions of China is covered in 12 chapters that address the history and development of Chinese cooking Chinese cooking methods and utensils beverages and recipes for meats fish noodles soups and poultry A glossary of Chinese ingredients and an index are also included kbc **Feng yi zhou shi** Lisa Yam, 1997 **Lisa Yam's Cook Book** Lisa Yam Fong, **Chinese Congee** Michael Rain, 2018-01-11 Recipes are listed step by step in a clear and understandable manner Everyone needs a general use cookbook that covers all different types of foods and this is one of such book This book covers basic recipes and more complex recipes Cooking using this book helps you save money and preserve essential vitamins in your food thus allowing you retain much more nutrients in the food for your body and eat healthier without spending all your day in the kitchen

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