



# **The Food and Cooking of China: An Exploration of Chinese Cuisine in the Provinces and Cities of China, Hong Kong, and Taiwan (Wiley Culinary Journeys)**

*Francine Halvorsen*

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A vivid account of a rich culinary legacy . . . A fabulous collection of 100 delicious, authentic recipes

Chinese cooking is one of the world's oldest continuous culinary traditions, developed over the course of four thousand years. A subject of profound importance for countless generations of Chinese philosophers, scholars, poets, and ordinary people, the selection, preparation, and consumption of food is much more than a matter of sustenance in Chinese tradition. It is the art of maintaining a subtle harmony between mind and senses. Now, *The Food and Cooking of China* invites you to explore the spiritual and sensual delights of Chinese cuisine as it takes you on a fascinating journey through the many regions of China, Hong Kong, and Taiwan.

"Francine Halvorsen takes Chinese food lovers to 'the source' in this book. Along with her travel notes from a recent culinary tour of China, she includes a food history of the country and authentic regional recipes that can be reproduced in the American kitchen. This is a journey you are sure to enjoy!" --Jacques Pepin Author, teacher, and host of the PBS-TV series, *Today's Gourmet*

"Francine Halvorsen's travel through Asia, exploring the relationship between food and culture are chronicled in this fascinating book. Along with a detailed description of every meal and bits of culture she encountered are recipes of the most popular regional dishes. If you love Asian food like I do, you too will love reading this book." -- Martin Yan Television Host, "*Yan Can Cook*"

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Spent a free the perfect time to be fun activity to complete! A lot of people spent their down time with their family, or their particular friends. Usually they performing activity like watching television, about to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Will you something different to fill your own free time/ holiday? Can be reading a book could be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to consider look for book, may be the guide untitled The Food and Cooking of China: An Exploration of Chinese Cuisine in the Provinces and Cities of China, Hong Kong, and Taiwan (Wiley Culinary Journeys) can be excellent book to read. May be it is usually best activity to you.

#### **Sara Jones:**

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