



Joyce Chen Cook Book (English and Traditional Chinese Edition)

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Joyce Chen (1917 - 1994) was a Chinese chef, restaurateur, author, television personality, and entrepreneur. Joyce Chen was credited with popularizing northern-style Chinese cuisine in the United States, coining the name "Peking Raviolis" for potstickers, inventing and holding the patent to the flat bottom wok with handle (also known as a stir fry pan), and developing the first line of bottled Chinese stir fry sauces for the US market. Starting in 1958, she operated several popular Chinese restaurants in Cambridge, MA. Joyce Chen died of Alzheimer's disease in 1994; since then, her accomplishments and influence on American cuisine have been honored by the US Postal Service and the City of Cambridge. In this book, exquisite, subtle, different recipes are included, but it provides much more than that. It explains how to select meats and vegetables; how to buy and how to prepare. Here you will discover the correct way to make Chinese tea, prepare rice, use chopsticks, and learn about the three great regional schools of cooking within China: Cantonese, Mandarin, Szechuan. All of the hows and whys and whereas are in this book. Mrs. Chen carefully explains and demonstrates with illustrations when necessary, all the process of food preparation the Chinese way. Her recipes are simple, clear and flexible enough so that the cook can find substitutes for ingredients that may be hard to procure. All the recipes in this book can be prepared successfully anywhere in the country by a reasonably adequate cook in a reasonably adequate kitchen. Mrs. Chen believes you will discover that there is less effort and greater reward cooking the Chinese way. As the world-famous heart specialist, Dr. Paul Dudley White, points out in his foreword; "Joyce Chen's recipes are commendable for several reasons. In the first place, they are a delight to the gourmet; secondly, they represent real Chinese cooking at its best; and thirdly, they are good for the health>"

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