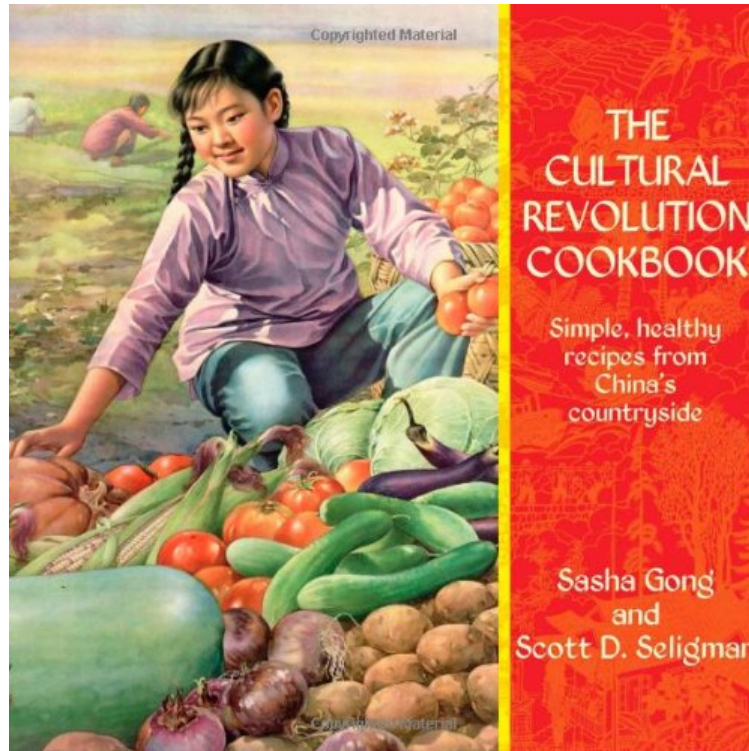


(Download ebook) The Cultural Revolution Cookbook

The Cultural Revolution Cookbook

Sasha Gong, Scott D. Seligman

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Sasha Gong, Scott D. Seligman : The Cultural Revolution Cookbook before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Cultural Revolution Cookbook:

2 of 2 people found the following review helpful. Authentic simple dishes that epitomize home cooking in China
By Bat Wing
This is the most authentic book I have ever seen on real Chinese cooking, as people cook in their own homes in China. In this cookbook you will not find dishes that require exotic techniques or 20 different ingredients. Instead, they are realistic recipes for people living in the Chinese countryside, although you can find the same dishes served all over China. I lived in mainland China before, and I have eaten many of the dishes in this book. They are the common healthy dishes that everyone knows, and they look just like they do in China. The ingredients and methods given are so simple that you can easily see they are meals for ordinary people, not great chefs and connoisseurs. That is the entire point. If you want a Chinese cookbook for ordinary life, then it should be this book. They are all real authentic Chinese food as you might find in anyone's home throughout China, although they tend to be on the traditional side -- less meat and oil than what some restaurants in China are doing these days (bad habits and obesity come with that). Because the recipes here are all traditional, they are generally clean and healthy, and they avoid any excesses. Just countryside food for ordinary farmers and the like. It's impossible not to love a book like this, that is so genuine and authentic.
4 of 4 people found the following review helpful. Real Cultural Revolution cooking and recipes
By VanI
I learned to cook from a close friend who grew up in the Cultural Revolution. I was amazed to see this delicious cuisine published into such a well-produced beautiful book. Wonderful pictures, simple and authentic recipes and how to cook them

accurately. Some recipes I had forgotten how to prepare and here they are, accurately and clearly photographed and described. I feel lucky to have found and now own this compendium of real delightful Cultural Revolution cooking. It is so aesthetically produced with drawings of the living, working, cultural scenes and environment at that time. Thank you for carrying this unusual and historical work .4 of 5 people found the following review helpful. Interesting and AccessibleBy ZoeReaders looking for deeply authentic recipes might be a little disappointed by this book, but those who can look past the idea of all Chinese cookbooks falling into the same genre will enjoy this tremendously. I really appreciated this book!The History--This book takes an unconventional crack at MODERN China, and the not-too-sunny history that defined Sasha Gong's generation. The historical framing is admirable and nuanced (provided you read it carefully), and Seligman picked out some truly interesting illustrations from the era. I think people who are versed in China's modern history would very much appreciate the history documented in this book.The Recipes--I bought this book as a gift to a college grad. Mostly because the recipes are simple and require very few special ingredients/equipment (I think this is one of the book's greatest advantages. Fuschia Dunlop's work is fantastic, for example, but her recipes require special ingredients that aren't in very grocery. And not every recipe is all that easy.). Even better, the food itself is quite healthy, so you could feasibly cook from this book every day.My parents are both ethnically Chinese, and I make frequent trips to China. I wouldn't laud this book as the most authentic, but it's certainly an unconventional and interesting introduction to modern China and Chinese cuisine.

In 1969, millions of Chinese teenagers were forced from their homes in the city in order to live and work in the countryside as part of China's Cultural Revolution. The work was backbreaking and rations were tight, but Sasha Gong has fond memories of learning to make simple, delicious country cooking. A collection of delectable, healthy, and easy-to-make Chinese recipes from the villages interspersed with a personal narrative and bits of historical context, this cookbook contains authentic Chinese dishes ranging from honey-braised duck to stir-fried rice made from ingredients found at local grocery stores. Chinese history buffs and foodies alike will enjoy discovering the integral connection between Chinese culture and food.

"A beautifully illustrated cookbook that documents the indomitable spirit of a people whose defining greeting is still 'Have you eaten yet?' Adorned with period posters and trivia that captures the absurdity of the time . . . the 80 homely recipes inspire with their simplicity and no-nonsense prose." mdash;Daven Wu, TIME