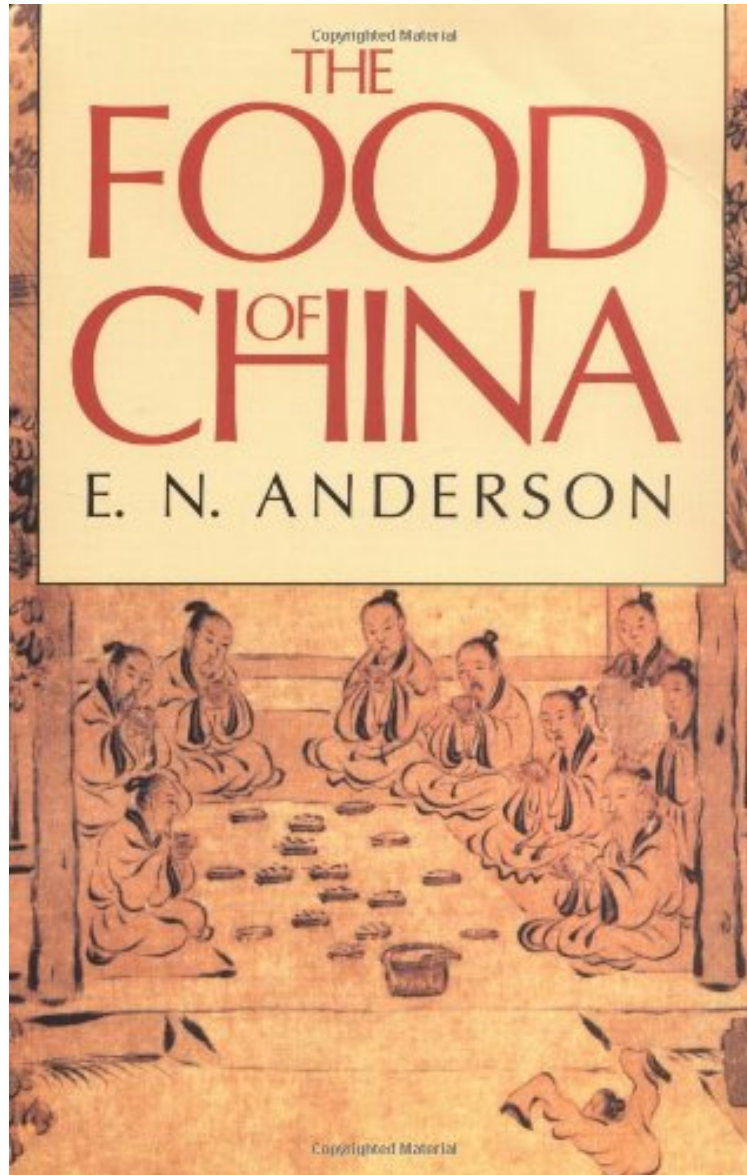


(Read free) The Food of China

The Food of China

E. N. Anderson

*ePub | *DOC | audiobook | ebooks | Download PDF*



DOWNLOAD



READ ONLINE

#652834 in Books 1990-09-10Ingredients: Example IngredientsOriginal language:EnglishPDF # 1 9.23 x 1.00 x 6.151, 1.16 #File Name: 0300047398330 pages | File size: 37.Mb

E. N. Anderson : The Food of China before purchasing it in order to gage whether or not it would be worth my time, and all praised The Food of China:

13 of 13 people found the following review helpful. Food of China provides much food for thoughtBy PBjWThis is not a cookbook, nor is it one of those armchair cookbooks that have become so popular of late, but rather a somewhat scholarly journal through the story of food in China from the first known agriculture (millet, in the north, approx. 6500-

6000 BCE) to the appearance of rice (in the Yangtze Delta approx. 5000 BCE) through the discoveries and cultivation of other important crops...as well as seafood, animals, and as the Chinese themselves say, anything and everything the Chinese have ever found edible. And not only does it cover the discovery and growth of food production in a manner that is virtually page-turning, but because it also links these stories into the most interesting details of Chinese culture and history, it is much more than just a book about food. Author Anderson has scoured ancient texts to extract references to food (and medicine), meals and agriculture in his research, and thus you learn of the food described by the Japanese monk Ennin who visited China in the 840's, and how tea was an exotic drink from the Indian-Burma border regions that probably was introduced to China by Buddhist monks, to name just two examples. Original and secondary sources are referred to in the text itself making additional reading and research tantalizingly easy. My only problem now is the list of about thirty books I want to read culled from this amazing volume. Anyone with a serious interest in China will enjoy reading this book -- and yes, it does close with some very good chapters that include a fascinating survey of "Dinner at the Ngs". (And if you're looking for a good cookbook, there's no better place to start than the recommended list of titles on page 274 at the end of the book.)

0 of 0 people found the following review helpful. Very useful

By RON

This book was a great help when writing my term pape. Also had some excellent recipes.

33 of 34 people found the following review helpful. One of the Key Works on Chinese Food History

By Stephen Jack

Published in the late 1980s, *The Food of China* remains one of the key modern works on Chinese food history. This was the first book I read on Chinese food. That was a mistake, if only because the book is so dense with information that the reading experience was quite overwhelming at the time. So if you are a novice like I was, start with something lighter such as Francine Halvorsen's *The Food and Cooking of China* before taking the deep plunge with this more academic book. But E. N. Anderson remains on of the two or three authoritative references in my bookshelf that I know I will be reaching for many years to come.

To feed a quarter of the world's population on only seven percent of the world's cultivated land and at the same time to have developed a renowned cuisine is perhaps the most exemplary achievement of the Chinese people. What accounts for their success? And what can be learned from it in this age of widespread hunger?

E.N. Anderson's comprehensive, entertaining historical and ethnographic account of Chinese food from the Bronze Age to the twentieth century shows how food has been central to Chinese governmental policies, religious rituals, and health practices from earliest times. The historical survey of agricultural and culinary customs, in the first half of the book, offers a wealth of fact and interpretation on such topics as the effect of government policy on agricultural innovation; the relation of medical beliefs to appetizing cuisine; the recycling of waste products on the farm; the traditional absence of food taboos (including the practicality of eating one's pests, or feeding them to pigs and chickens, instead of poisoning them and the environment); and the key factors in the gourmet quality of Chinese food from the simplest to the most elaborate dishes. Without glossing over the occurrences of famine China's history, Anderson concludes that the full story is one of remarkable success in feeding maximum populations over the millennia. Underpinning this accomplishment, he cites China's traditional stress on food as the basis of the state and as fundamental not only to individual well-being but to the enjoyment of life. Anderson turns to present-day China in the latter half of the book, describing in rich and enticing detail the regional varieties in Chinese diet, food preparation, and rituals of eating and drinking. These lively, readable chapters as well as those in the first half of *The Food of China* make it a prime source for anyone—general readers and scholars alike—with an interest in Chinese history or food.

From the Back Cover

A comprehensive, entertaining historical and ethnographic account of Chinese food, from the Bronze Age to the twentieth century. After showing how food has been central to Chinese government policies, religious rituals, and health practices from the earliest times, E.N. Anderson turns to present-day China, describing in rich and enticing detail the regional varieties in Chinese diet, food preparation, and rituals of eating and drinking.

About the Author

E.N. Anderson is professor of anthropology at the University of California, Riverside.