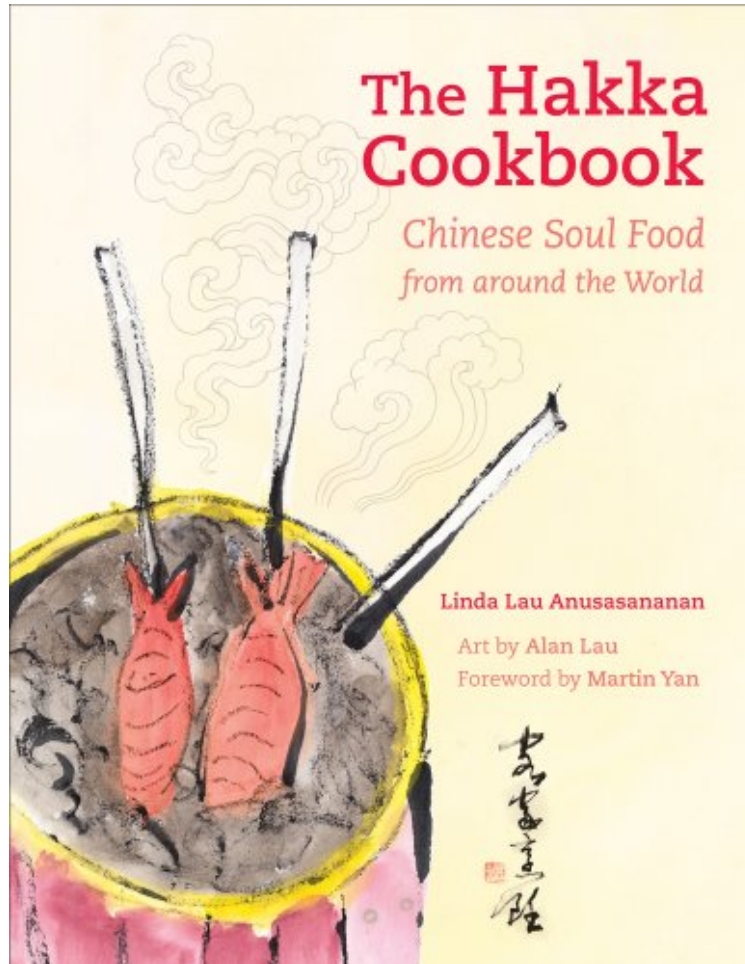


[Download ebook] The Hakka Cookbook: Chinese Soul Food from around the World

# The Hakka Cookbook: Chinese Soul Food from around the World

Linda Lau Anusasananan

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#291963 in Books Linda Lau Anusasananan 2012-10-08 Original language: English PDF # 1 9.00 x 1.10 x 7.00l, 1.80 #File Name: 0520273281312 pages The Hakka Cookbook | File size: 54.Mb

**Linda Lau Anusasananan : The Hakka Cookbook: Chinese Soul Food from around the World** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Hakka Cookbook: Chinese Soul Food from around the World:

10 of 11 people found the following review helpful. A history lesson on my people + food By vyk This rating is short of 5 stars due to the lack of pictures. I think this book would be taken to the next level if there were drool-worthy pictures in it. I do love the way this is written, from a historical perspective of the Han and Hakka peoples. My mom and her siblings are the last ones in our family to speak and understand Hakka, let alone cook amazing, hearty Hakka food. I bought this book to cherish some of the recipes that I ate growing up as a child. Highly recommend! 0 of 0 people found the following review helpful. Terrific By Eat Real Great recipes and history of the Hakka people and Chinese culture and cuisine. 0 of 0 people found the following review helpful. hskka - unknown territory By FWP #6 Not many non Chinese are aware of this group of who my MOM called the gypsies of China. Both of us are 100% Chinese born

in Panama. From this background comes a few personal opinions. I found the book very informative and educational about the Chinese diaspora in which my grandparents took part at the turn of the century. I enjoyed ambling down memory lanes I read over the recipes and seeing my Mom once again cooking in her kitchen and explaining it all to me with a little family history thrown in. Did I say, My mom's father was Hakka and he taught Polo to cook his favorite dishes. FWP#6

Veteran food writer Linda Lau Anusasananan opens the world of Hakka cooking to Western audiences in this fascinating chronicle that traces the rustic cuisine to its roots in a history of multiple migrations. Beginning in her grandmother's kitchen in California, Anusasananan travels to her family's home in China, and from there fans out to embrace Hakka cooking across the globe—including Hong Kong, Taiwan, Singapore, Malaysia, Canada, Peru, and beyond. More than thirty home cooks and chefs share their experiences of the Hakka diaspora as they contribute over 140 recipes for everyday Chinese comfort food as well as more elaborate festive specialties. This book likens Hakka cooking to a nomadic type of “soul food” or a hearty cooking tradition that responds to a shared history of hardship and oppression. Earthy, honest, and robust, it reflects the diversity of the estimated 75 million Hakka living in China and greater Asia, and in scattered communities around the world—yet still retains a core flavor and technique. Anusasananan's deep personal connection to the tradition, together with her extensive experience testing and developing recipes, make this book both an intimate journey of discovery and an exciting introduction to a vibrant cuisine.

“A documentation of how a cuisine has adapted to its surroundings, a fusion food out of necessity. . . . Worth a read.”