



Chinese Food Made Easy

Ching-He Huang

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Ching-He Huang is one of the brightest stars in modern Chinese cooking in the UK. Each week in her new BBC2 series she re-invents the nation's favourite Chinese dishes, modernising them with fresh, easy to buy ingredients, and offering simple practical tips and techniques. These are brought together in this beautiful book to accompany the series. Drawing on the experiences of top chefs, her family and friends, growers and producers and celebrity enthusiasts Ching sets out to discover the best Chinese cooking in the UK today, introducing easy-to-make Chinese food to sometimes resistant Brits, and painting a picture of modern Anglo-Chinese life in the UK as she goes. Ching's Chinese Kitchen begins with some of the most familiar dishes from a Chinese takeaway menu - Sweet & Sour Prawns, Chicken with Cashew Nuts, Chop Suey and Cantonese Vegetable Stir Fry, each with Ching's special and imaginative twist. Later we explore spicy Szechuan food: Noodles, Dumplings and Dim sum; Seafood; Fast Food; Desserts and finally Celebratory Food, where Ching presents a complete banquet of dishes to celebrate the Chinese New Year. Ching's knowledge, charm and enthusiasm shine through as she shares the 'basic principles' of Chinese cooking including some of the simple techniques and tips taught by her Grandparents for tasty results. Using ingredients from high-street supermarkets and some imaginative suggestions for alternative ingredients, these classic Chinese dishes are updated, fresh and healthily prepared so that anyone can make and enjoy them.

Chinese Food Made Easy Details

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From Reader Review Chinese Food Made Easy for online ebook

Anula says

Great book and my full review is here <http://www.anulaskitchen.com/2010/02/...>

Sophie Narey (Bookreview- aholic) says

Published: 2008

Author: Ching-He Huang

Recommended for: fan's of chinese food

A very good chinese cooking book that has alot of recipes that taste great! The recipes are easy to make and simple to do, they are very flavourful, smell great! If you are wanting to try out doing some chinese recipes then this is a great book for you to look at :) The ingredients that are in the recipes aren't hard to find most of them can be found at the local shop which means that there is no excuse for not trying out the recipe, they are full of flavour that excites your tastebuds.

Lisa says

Meh. I wanted to like it, and it's probably great cookbook, but for some reason, it did not inspire me.

Nick Warren says

Easy is a relative term here. I don't cook a lot of Chinese, but the Dan Dan noodles recipe that Kaine uses in Act 2 of *Execution is Everything* is Ching's... and well worth making.

Eve Recinella (Between The Bookends) says

Fabulous cook book, easy to follow recipes that are tasty!

Charlotte says

There's a real mix of food in this book, and don't let the title fool you into thinking that they're actually easy. You also won't find a lot of your old favourites - no sweet and sour for example. Despite that, this is a great book with easy to follow reliable recipes which produce delicious food.

Ninja Neko says

This one is going on my wishlist, even though I've just bought myself a Ken Hom book I've yet to fully try out. Both have simple recipes that look achievable and tasty. Ching-He's style is somewhat different as she seems to incorporate more vegetables in her dishes, giving some of them a "healthier" feel. As I'm trying to eat more vegetables her recipes seem like a good fit for me. I'll still be cooking the classics from Ken Hom, but this book could be a good weekday stir-fry guide for me.

Tobias says

I've loved Chinese food since the first time I went to a restaurant as a child and ordering from the takeaway was an expensive and unhealthy habit of mine at university. I always thought that recreating those flavours out of the restaurant environment was quite impossible - not so!

In this wonderful book, Ching takes the mystery out of delicious Chinese cooking. You're likely to have many of the ingredients in your kitchen already - garlic, root ginger, oil. By taking the illusions out of Chinese cooking she has made it all the more successful by easing us into the recipes - "Takeaway Favourites" is one chapter.

As for the recipes, there is something to appeal to everyone here. Here is a list of what I've made so far: Chicken Chow Mein, Beijing Rice, Mu Shu Chicken, Sweet and Sour Pork and Sichuan Orange Beef.

My only fault with the book would be for vegetarians. There doesn't seem to be much choice for them. Also some of the ingredients do prove a little difficult to get hold of if you don't live in a city with a Chinese community.

Apart from those little faults - can we have some more please Ching?

Etty says

I love this book and the show. It's really easy to follow because she is really modernized the classic recipes. I love Chinese foods and never get bored to eat it!
