



Cooking from China's Fujian Province: One of China's Eight Great Cuisines

Jacqueline M. Newman

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Fujian, a province in southeastern China, boasts a distinct culinary tradition that enjoys a thousand-year-old recorded history but is barely known in the Western world. This collection of 200 easy-to-follow, authentic recipes provides the perfect introduction to this unique cuisine.

Fujianese cuisine makes marvelous use of the foods and herbs found in the region's mountains, flatlands, and on the coast. The staples rice, wheat, and sweet potatoes are featured in these sweet-and-pungent-flavored dishes. Buddha Jumping the Wall, a famous specialty, is made with shark's fin, scallops, chicken, mushrooms, yams, scallions, and much more. Popular Fujianese dishes such as Crossing Bridge Noodles, New Year Money Bags, and Steamed Sea Cucumber Pockets are highlighted.

Also included are fascinating cultural and historical notes, handy glossaries of equipment and ingredients, and suggested menus for everyday meals and holidays. Eight pages of color photographs bring the foods of Fujian to life!

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