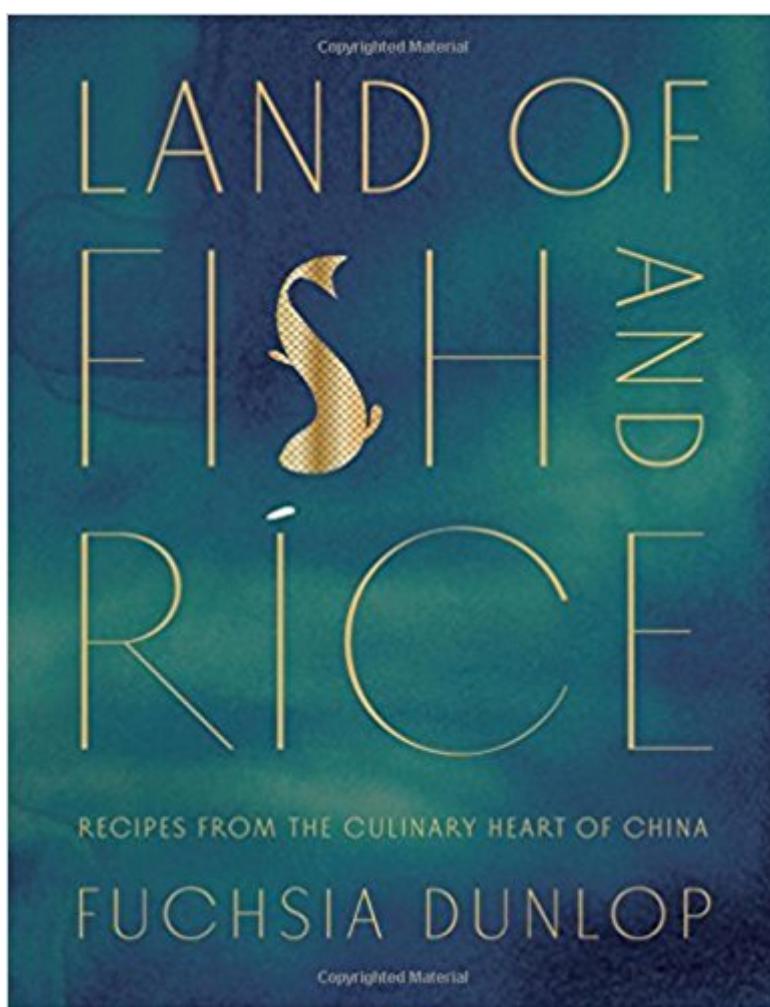


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# Land Of Fish And Rice: Recipes From The Culinary Heart Of China



## Synopsis

2017 Nominee for James Beard Cookbook Award: International 2017 Nominee for IACP Cookbook Award: International Winner, 2016 Andre Simon award (UK) Winner, 2017 Cookbook of the Year (British Guild of Food Writers). The lower Yangtze region, or Jiangnan, with its modern capital Shanghai, has been known since ancient times as a “land of fish and rice.” For centuries, local cooks have harvested the bounty of its lakes, rivers, fields, and mountains to create a cuisine renowned for its delicacy and beauty. In *Land of Fish and Rice*, Fuchsia Dunlop draws on years of study and exploration to present the recipes, techniques, and ingredients of the Jiangnan kitchen. You will be inspired to try classic dishes such as Beggar’s Chicken and sumptuous Dongpo Pork, as well as fresh, simple recipes such as Clear-Steamed Sea Bass and Fresh Soybeans with Pickled Greens. Evocatively written and featuring stunning recipe photography, this is an important new work celebrating one of China’s most fascinating culinary regions. 116 photographs

## Book Information

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## Customer Reviews

“In *Land of Fish and Rice*, Fuchsia distills her characteristic in-depth studies (she’s a cook who learns by doing) into easy-going and understated prose and inspiringly simple recipes that really work.” - J. Kenji López-Alt, New York Times-bestselling author of *The Food Lab* “In *Land of Fish and Rice* Fuchsia Dunlop introduces us to the little-known region south of the Yangtze River, its long and deep influence on Chinese gastronomy, and its surprisingly subtle, refreshing flavors. *Land of Fish and Rice* is authoritative and absorbing, full of insight,

enticing recipes, and infectious delight in the pleasures of the table.â€”Harold McGee, James Beard Award-Winning author of *On Food and Cooking: The Science and Lore of the Kitchen*“Through gifted storytelling and stunning photographs, Fuchsia Dunlop highlights a rich tradition of seasonality and sustainability. Her simple and delicious flavors from the southern Yangtze inspire me and surely will inspire a new generation of cooks.”â€”Alice Waters, Owner, Chez Panisse Restaurant and author of *The Art of Simple Food*“Fuchsia Dunlop’s homage to Jiangnan cooking is destined to be a classic. She takes us on a rare insider’s culinary odyssey through the Lower Yangtze region sharing its rich culinary traditions. Unusual specialties like chrysanthemum leaves with pine nuts, Buddhist vegetarian tofu rolls, and fresh clam custard are gathered from years of travel and research. This is a major contribution to our understanding of Chinese cuisine. The exquisite photography is an added bonus.”â€”Grace Young, author of *Stir-Frying to the Sky*“Edge and Wisdom of the Chinese Kitchen”“This is an enthralling book. Fuchsia Dunlop has fallen in love with Jiangnan, and her book makes us fall in love too.”â€”Claudia Roden, author of *The New Book of Middle Eastern Food*“This beautiful book spoke to me personally. My parents were from South of the Yangtze and just reading the recipes evoked long lost smell and taste memories that brought tears to my eyes. Fuchsia has eloquently but simply captured the rich cuisine of a region unfamiliar to most Westerners.”â€”Cecilia Chiang, Author, Chef, and Founder of The Mandarin Restaurant in San Francisco“Cookbooks turn up every few years with the promise of an everyday mastery of Chinese cuisine. Their mark is fleeting, and cooks happily return to their manila envelopes of takeout menus. This year may be different. . . . For her latest, Ms. Dunlop, a British cook and food writer who has been studying Chinese cooking since the mid-1990s, dives deep into the balanced flavors of Jiangnan. These are recipes to bring out the optimal flavors of the ingredients, and Ms. Dunlop’s approachable instructions bring readers closer to success.”â€”New York Times--Best Cookbooks of Fall 2016“Land of Fish and Rice by the revered British pro Fuchsia Dunlop is a focused exploration of the food of Jiangnan, an area famous among Chinese for its subtle cuisine and now revealed to us.”â€”Wall Street Journal--Featured in 2016 Holiday Gift Guide“An exquisite and marvelously detailed work. With many of these dishes, their brilliance lies in their minimalism. So far, every recipe I’ve tried consists of relatively few ingredients, which, when combined, sparkle with flavour.”â€”Samuel Fromartz, The Washington Post“Another masterpiece from one of my favorite authors. Dunlop is a gifted writer with intriguing recipes that work. I have every one of her titles and if the woman wrote a book about how to stir a pot of

water, I would buy it. Gorgeous photographs, haunting narrative, and recipes you will not find anywhere else. . . this author is a treasure. — Eat Your Books — Dunlop has a lively prose style that makes you just wanna go, like, smack a cucumber or take apart a duck with a cleaver. . . . Spectacular. — Susan T. Chang, The Level Teaspoon Podcast — Land of Fish and Rice — closes on a strikingly humble note, with Dunlop thanking her Chinese friends for their help, adding she “could never do justice to their extraordinary culinary tradition.” Fortunately for us, she is mistaken. — Diane Leach, Popmatters.com — Dunlop’s prose is engaging and informative, and the recipes she chooses encompass the complex and the happily simple. . . . You will learn much about regional Chinese food, and you will want to make these recipes as soon as reasonably possible. — Los Angeles Times — Dunlop shines a spotlight on the Jiangnan region. . . a worthy addition to a home cook’s collection. — San Francisco Chronicle — Favorite Cookbooks from 2016 — You can’t find a Chinese food cookbook with shorter ingredients lists than this one has. — a welcome surprise for the genre. — Washington Post — 31 Best Cookbooks of 2016

Fuchsia Dunlop has appeared on NPR’s “All Things Considered,” “Science Friday,” and “America Test Kitchen Radio,” and is a regular contributor to publications including the Financial Times, Saveur, the Wall Street Journal, Lucky Peach, and The New Yorker. She trained as a chef in China and has won four James Beard Awards for her writing about Chinese food. She lives in London.

I lived in China for several years, and grew to love the food. Since I returned to the US, I’ve been chasing down cookbooks to help me recreate the authentic tastes of my favorite nibbles from China. I thoroughly enjoy Fuchsia Dunlop’s enthusiasm for Chinese cuisine, and I own all her books. This is an interesting addition, but not my favorite for a few reasons. Firstly, the good: the food photography, as well as the general design of the book, is stunning. This would make a lovely gift for a Chinese food lover, even if one never cooks any of the recipes. As Fuchsia Dunlop has become more famous, the budget (and resulting visual quality) of her cookbooks has increased dramatically. This one’s definitely a visual stunner, her best yet. The writing is classic Dunlop, as well—a mix of chatty anecdotes from her travels, well-placed historical tidbits, and practical tips on additions and substitutions. Most recipes I’ve tried are clear, though of course it helps if one is at least generally familiar with the tastes of authentic Jiangnan cuisine (the area around the lower

Yangtze, including Shanghai, Zhejiang and Jiangsu provinces). Orange mandarin chicken stir-fry, this is not. Which leads me to the main drawback of the book: taste-wise and recipe-wise, this is probably one of her less accessible books for Western readers. When done well, Jiangnan cuisine is light but flavorful, often seafood-focused--a midpoint between the bold and hearty tastes of Northern Chinese cuisine, and the ultra-light and delicate tastes of Southern Chinese food. However, when done badly, it can be bland, oily, sugary and strange to the Western palate. Dunlop chooses her recipes carefully, providing both choices that are easily palatable to Westerners as well as more challenging classics within the Jiangnan culinary canon. That being said, there were just fewer recipes that I can add to my everyday repertoire from this book, versus her other books. Many include Chinese pickles, preserved meats, freshwater fishes, and less-common ingredients such as goose, snow vegetable, and chayote. It's a solid choice for hardcore China foodies who want to expand their culinary repertoire; however, most of us will not be using this as a day-to-day cookbook. If you're looking for workhorse everyday Chinese favorites, choose Dunlop's *Every Grain of Rice* instead. If you want to stretch your Chinese tastebuds in a way that will probably offer more recipes to the average Westerner's liking, try her Hunanese book *The Revolutionary Chinese Cookbook*. Favorite recipes from this book included: green bok choy with dried shrimp, West Lake fish in vinegar sauce, oil-exploded shrimp, and Hangzhou sweet-and-sour pork.

Like all of Fuchsia Dunlop's other books, this one is not just a bunch of recipes, but the text puts them in both a cultural and historical context. Worth having on your kitchen bookshelf.

In our library's Cookbook Club, this is September's featured cookbook. The twelve of us are each cooking a different dish from it, sharing our stories on cooking out of it, and tasting each of the various dishes, from smoked duck eggs to fish chowder, from dongpo pork to pumpkin juice with honey. I am looking forward to September's session, to be sure! I will freely confess to being pretty fearless in the kitchen, so the challenge for me is not the cooking but finding the ingredients. Fortunately we're in an area with numerous ethnic groceries and a couple of Wegman's, but for those who aren't, Ms. Dunlap provides some substitutions, and there's always the Internet.

After borrowing this from the library, I had to buy my own copy a few days ago. I have been impressed with every dish I've tried, and so far they have not been difficult to make. The Nanjing duck and soy-glazed duck recipes were both very tasty and authentic. I have also enjoyed the cucumber and radish salads, and learned a new technique of bashing salad vegetables to help

them pickle faster.

As anyone who's ever run out of shelf space knows, there are always more books than you have room. Bless Kindle and my cookbook collection has room to grow. Before you ask, yes I buy hardcovers for friends, until they get Kindles.

I bought this book as a gift for my boyfriend, who massively enjoyed his time studying abroad in China. It's the best gift I've ever gotten him. All of the recipes are delicious, and the stories and images which accompany them are vibrant and rich. He uses it often, and mentions to me at least once a month how much he likes it. I highly recommend!

I adore this book...and the author's writing style is amazing, great insight plus what a name.  
FUSHIA???

Absolutely great book.

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