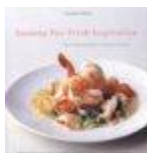


Cookbook Review: Susanna Foo Fresh Inspirations

52

By mgwhite



Susanna Foo Fresh Inspiration: New Approaches to Chinese Cuisine

Amazon Price: \$9.60

List Price: \$35.00



Susanna Foo Chinese Cuisine: The Fabulous Flavors and Innovative Recipes of North America's Finest Chinese Cook

Amazon Price: \$7.95

List Price: \$20.00

Would you love to learn how to prepare delicious Chinese cuisine that is fresh, delicious, and healthy? If so, *Susanna Foo Fresh Inspirations* is a must-read addition to your cookbook collection. Written by Susanna Foo, owner of Pennsylvania restaurant's Susanna Foo's Chinese Kitchen (Philadelphia) and Gourmet Kitchen (Radnor), this book is packed with recipes and "how-to" tips and techniques that make preparing Chinese cuisine simple and easy for everyone.

Cooking Style

This book presents a very unique style on Chinese Cooking, and reflects the unique cuisine for which Foo's restaurants are famous. Rather than traditional recipes for how to cook Chinese food, Foo's style incorporates techniques of Eastern and Western cooking, and has been greatly influenced by the availability of fresh produce in the U.S. Foo's unique style results in recipes that are lighter and easier to make than traditional Chinese dishes.

Recipe Selections Include:

You'll be pleasantly surprised by the wide variety of terrific and easy to follow recipes published in this volume. Some of the many dishes you'll find instructions for creating in *Susanna Foo Fresh Inspirations* include:

- Beef Soup with Somen Noodles
- Crispy Jumbo Shrimp with Caramelized Orange Sauce

- Honey Soy Glaze
- Oven Roasted Shantung Chicken
- Pad Thai
- Pork Lo Mein with Tomatoes and Fresh Herbs
- Salmon Braised with Soy and Ginger
- Sichuan Peppercorn Oil
- Spicy Seafood Rice Soup
- Thai Lemon Grass Sauce
- Truffled Potato Dumplings
- Wasabi Crème Fraiche
- White Corn Soup
- Wok Shaking Shrimp with Pink Peppercorns
- Many other delicious recipes

Are you hungry yet? The great news is that all the recipes in this book are clearly explained and very easy to follow. You can make these terrific recipe ideas yourself.

Chinese Cooking Techniques:

In addition to the terrific recipes, you'll also learn about cooking equipment, ingredients, and cooking techniques. For example, the book opens with information about the basic principles of stir-frying. Anyone who wants to master the art of Chinese cooking definitely needs to learn how to stir fry, and this book provides specific information about preparing a variety of foods in this manner.

About the Author

Chef, restaurateur, and cookbook author Susanna Foo has lived in Pennsylvania since 1979, but was born in Inner Mongolia, China and grew up in Taipei, Taiwan. While opening and working in a family restaurant in the U.S., Foo attended the Culinary Institute of America and mastered French cooking techniques. She opened her first restaurant in 1987, and has since received numerous culinary awards.