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A person who has tasted Chinese food realizes that it is the most palatable and delicious cooking he ever ate. It is not only that but its nutritious value recommends it to all. It is true in a sense that we eat to live. If the body does not have nutritious and pleasant food no full growth and development is possible; hence power is weakened. Leave the decision as to Chinese cooking to your own taste.

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Mix with 2 teaspoons salt and set aside for 5 minutes. Squeeze out the excess moisture. In a large bowl, mix the celery cabbage, pork, green onions, wine, cornstarch, the remaining 1. teaaspoon salt, 1 teaspoon sesame oil, and the pepper. In a bowl, mix the flour and 1 cup boiling water until a soft dough forms.

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Key words: Chinese food, cuisine, traditional food, processing, health Introduction Food in China is not consumed merely to satisfy hunger, but for health promotion, treating diseases and, most importantly, building relationships among people and enhancing family values. Chinese cuisine has long been a creative

and individualized art.

Traditional Chinese food technology and cuisine - NHRI

Remove skin from the chicken breasts and place the chicken in a pot. Pour in enough cold water to cover the chicken and add the salt. Bring the mixture to a simmer and cook for 5 minutes. Turn off the heat and cover tightly, let it stand for 10 minutes. Meanwhile, mix all the sauce ingredients and blend well.

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For home chefs Complete Chinese Cookbook is the ideal guide to healthy and delicious Chinese food. Bio: Ken Hom is the author of 50 cookbooks, which are the culmination of a lifetime of experience as a chef, teacher, and host of TV cooking shows.

Complete Chinese Cookbook - Firefly Books

Chinese cooking, and in the inherent appeal of Chinese food and flavors to the palate. Also Chinese food can be extremely economical as well as being highly nutritious, because most ingredients are cut into small pieces, and then quickly cooked so as to retain their natural goodness.

CHAPTER 24 : AN INTRODUCTION TO CHINESE CUISINE

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