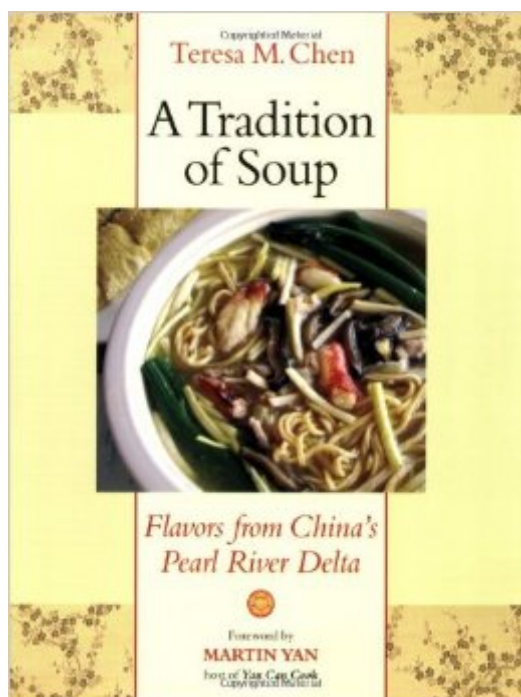


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# A Tradition Of Soup: Flavors From China's Pearl River Delta



## Synopsis

Through recipes that use time-honored medicinal ingredients, *A Tradition of Soup* provides a fascinating narrative of the Southern Chinese immigrants who came to the United States in large numbers during the last half century, the struggles they faced and overcame, and the soups they used to heal and nourish their bodies. Following the Chinese approach to health, Teresa Chen, who was born into a family of food connoisseurs and raised by a gourmet cook, groups the recipes by seasons and health concerns according to Cantonese taxonomy: tong (simple broths, soups, and stews), geng (thickened soups), juk (rice soups or porridges), and tong shui (sweet soups), as well as noodle soups, wonton and dumpling soups, and vegetable soups. Also focusing on dahn (steaming) and louhfo (slow-cooking) soups associated with good health, the book features fresh, natural, and seasonal food. *A Tradition of Soup* highlights recipes that serve a wide range of purposes, from gaining or shedding weight to healing acne and preventing wrinkles. While some ingredients may seem foreign to Western readers, most are available in Chinese grocery stores. To help readers identify and procure these items, Chen provides a beautifully photographed ingredients glossary complete with Chinese names, pronunciation, and detailed descriptions.

## Book Information

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## Customer Reviews

The first thing I noticed about *A Tradition of Soup* is that it is a beautiful book. It is a feast for the eyes. The North Atlantic Books production team deserves many kudos. The pages are oversized, printed on heavy coated paper. The photographs are excellent, most in full color and abundant. In her

Preface, Teresa Chan writes, "This cookbook is written to promote Chinese food and culture, and to promote health. It pays tribute to my kindred Cantonese people from the Pearl River Delta and to our soup tradition that explicitly links food to health and healing." The book is divided into four parts that indeed cover Chinese culture, healing traditions, history, and of course, food. Part One introduces readers to Traditional Chinese Medicine (TCM), the tradition of soup, and the history of Cantonese people in two deltas: the Pearl River Delta in China and the Sacramento-San Joaquin River Delta in California. The Cantonese people have a rich history in the California Delta region. As a co-founder of the Pacific Complementary Medicine Center and as a member of the Board of Directors of Jen Wah, Inc. both in Stockton, CA, Chen was able to draw on the accumulated wisdom of Chinese elders for the recipes and techniques in this book. In Appendix B the soup contributors are profiled. Part Two focuses on the basics of Cantonese soups, techniques, and equipment. Of particular interest to me is the section about reconstituting dry ingredients. Since many recipes require dry ingredients, this is a critical step in the process. Also here is where I find a great marinade recipe and the discussion for preparing soup stock including "Top Stock," the all-purpose stock. Perhaps the most fascinating section of the book is Part Three: Ingredients.

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