

Now, with the proper guidance,  
even the beginner can master the art

# The Cooking of

In *The Cooking of China* you'll get that proper guidance. This volume from the best-selling FOODS OF THE WORLD series helps take the confusion out of Chinese dishes such as deep-fried shrimp toast, sour-and-hot soup, smoked chicken. It's brimful with easy-to-follow recipes, tested and retested in our FOODS OF THE WORLD kitchen. How-to-do-it illustrations show you exactly how dishes are prepared. Step-by-step instructions make the most exotic dish a pleasure to prepare. Examine *The Cooking of China* and its companion Recipe Booklet free for 10 days. Read them. Work with them. Here are some of the fascinating things you'll discover . . .

### How to Plan a Perfect Chinese Meal

There are no separate courses to worry about when you plan a Chinese dinner party. Every dish is served at the same time. And you can balance your choice of dishes so that both the preparation and the cooking are simple, orderly procedures. In *The Cooking of China* you'll find dozens of recipes for "prepare early" dishes such as braised star anise beef, plus a generous sampling of dishes such as barbecued spareribs which require slow, un-

attended cooking. This leaves you free for chicken with bean sprouts or another favorite stir-fry dish. To guide you in your selection, you'll find sample dinner menus with dishes that offer endless variety and are easy to prepare.

### How to Create a Sumptuous Meal with a Few Simple Rules

The Chinese make preparation and cooking two separate procedures. Most preparation requires chopping and should be done in advance. Many Chinese dishes are stir-fried and timing and total concentration are important. Experimentation is a time-honored Chinese tradition. Though most Chinese ingredients now are readily available in food stores, you can substitute spinach for cabbage, broccoli for bean sprouts. Chinese cooking is done with a few key utensils. But you can improvise with items from your own kitchen. You'll find out exactly how to do it in *The Cooking of China*.

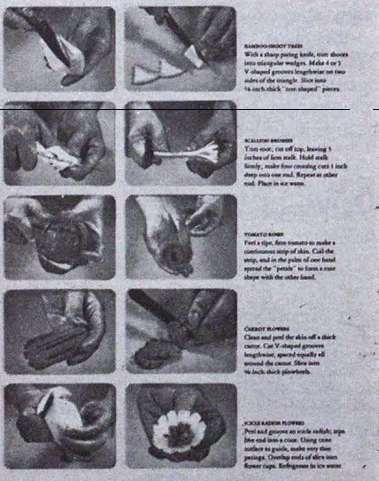
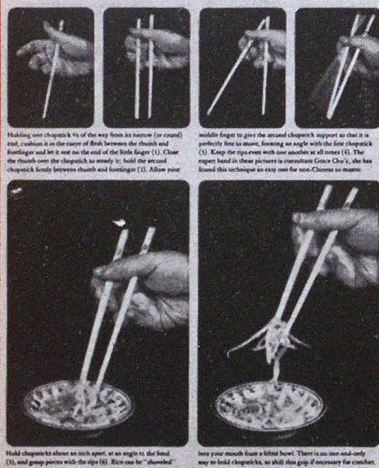
### Examine The Cooking of China Free for 10 Full Days

Enjoy *The Cooking of China* for 10 days as the guest of TIME-LIFE BOOKS. If you decide

to keep it, you pay just \$5.95 (\$6.95 in Canada) plus shipping and handling. We'll enter your subscription to FOODS OF THE WORLD and other volumes in the series will be shipped to you a volume at a time approximately every other month. Your epicurean adventures will include *The Cooking of Italy*, *Germany*, *Provincial France* . . . Your guides will be famous gourmets such as James Beard, Julia Child . . . Each volume is \$5.95 (\$6.95 in Canada) plus shipping and handling and comes on a 10-day free-examination basis. There is no minimum number of books you must buy, and you may cancel your subscription at any time by notifying us. If you don't choose to keep *The Cooking of China*, simply return the books within 10 days, your subscription for future volumes will be canceled, and you will be under no further obligation.

Writing in *New York Magazine*, Gael Greene said about FOODS OF THE WORLD, "Resistance to cookbook collecting vanished . . . I have to have them all . . ." We hope you'll agree. Why not begin your culinary experience with *The Cooking of China*?

Eating with Chopsticks, Western Style—One of the Many Different Ways to Use These Handy Tools



This handsome 206-page book measures 8½" x 11" and contains:

- 100 pages of full-color photographs and illustrations.
- More than 100 authentic Chinese recipes tested and retested in our kitchen.
- Step-by-step illustrations demonstrating preparation and cooking techniques.
- Detailed guide explaining ingredients used in Chinese cooking.
- List of the basic sauces and condiments used in Chinese cooking.
- List of stores in the United States that accept mail orders for Chinese food.
- Basic rules for Chinese menu planning, including sample menus.
- Separate spiral-bound Recipe Booklet.

**Eating with Chopsticks.** Illustrated above is the basic technique for using chopsticks. However, there's no one-and-only way to use chopsticks. Simply adjust this basic grip to one that is easy and comfortable for you.

**Sculpted Vegetables.** Chinese ingredients should please the eye and the palate. The illustrations above demonstrate how to make scallop brushes, tomato roses, carrot flowers, radish fans. They are served both as a food and a garnish.

If order card is missing, then please write:  
TIME-LIFE BOOKS, Dept. 1104,  
Time & Life Building, Chicago, Ill. 60611.



of Chinese cooking.

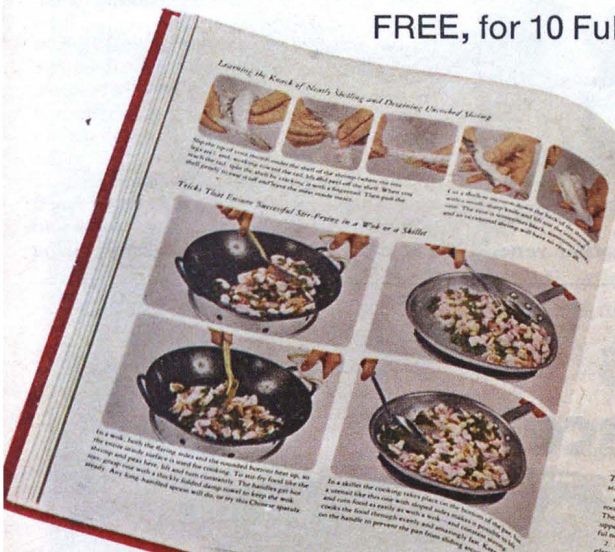
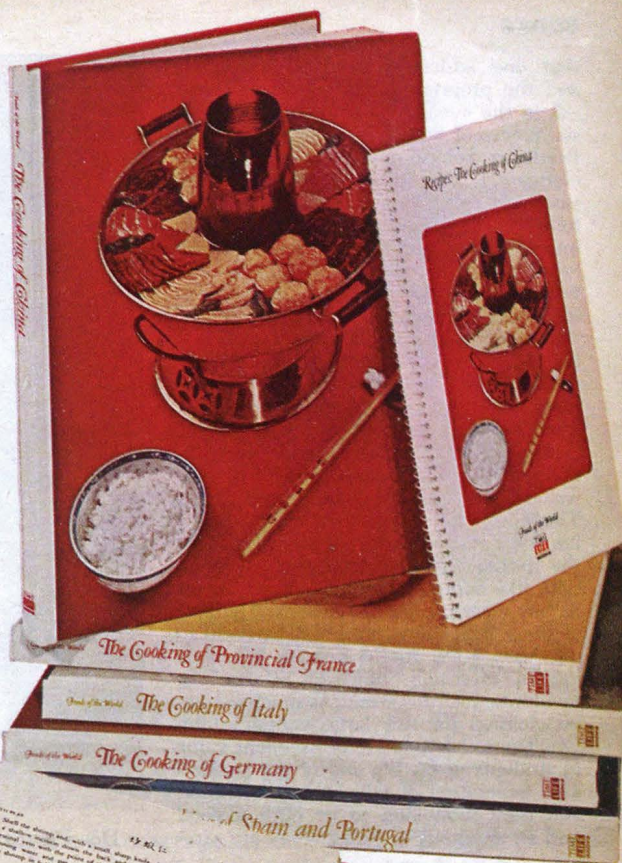
# China

Your Introductory Volume To



## Foods of the World

FREE, for 10 Full Days



**炸春卷**  
 This is a large spring roll, similar to the ones you see in the picture. It is made of a thin, light-colored wrapper, and is filled with a mixture of ground pork, shrimp, and vegetables. The filling is then wrapped in the wrapper and deep-fried until golden brown. The finished product is served with a dipping sauce.

**炸春卷的作法**  
 1. 将猪肉、虾仁、葱、姜、蒜、胡椒粉、料酒、盐、鸡精、香油等调料放入搅拌机中搅碎。  
 2. 将搅碎的馅料放入碗中，加入适量的淀粉和水，搅拌均匀。  
 3. 将馅料放入春卷皮中，卷成筒状。  
 4. 将卷好的春卷放入油锅中，炸至金黄色即可。

Other volumes in the FOODS OF THE WORLD series include  
*The Cooking of Japan, Classic French Cooking, Wines and Spirits, American Cooking...*



**Using the Versatile Cleaver.** The cleaver is an essential utensil to Chinese cooks. They use it to slice, dice, mince and chop. The cleaver can be used efficiently and safely with just a bit of practice.



**Deep-Frying.** The Chinese deep-fry everything from shrimp toast and wontons to beef and chicken. Deep-frying is done in several stages. Shown above is the step-by-step preparation of deep-fried shrimp balls.



**Two Simple Wrappers.** Wontons and egg-rolls are easy to prepare. They are filled, shaped and cooked in a variety of ways. Shown above are basic techniques for folding and filling egg-rolls and several kinds of wontons.