

<<吃相上海>>

图书基本信息

书名：<<吃相上海>>

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内容概要

Shanghai cuisine has attracted the world's attention in recent years, as has the city's rapid growth and development. This book contains recipes for twenty typical Shanghai dishes in five categories: vegetarian, seafood, meat, soup, and snacks. In a departure from typical cookbooks, this book also provides for each dish its traditions and classical allusions, its nutritional value, and its ideal cooking method. The book's photographs showcase the artistic beauty of each dish. In addition, the book includes the names and maps of several well-known Shanghai restaurants which serve each dish as its specialty. By reading this book, you will not only learn how to cook each dish, but you will also learn about the food culture of Shanghai. Therefore, this book is both a practical and a classical overview of Shanghai cuisine for all who celebrate Shanghai's food culture.

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书籍目录

Vegetarian Dishes Very Typical Shanghai Cuisine: Simmered Spongy Gluten A Popular Herb Dish: Sauteed Alfalfa Sprouts with Sorghum Liquor Once a Temple Dish and Now Popular in All Restaurants: Arhat Vegetarian Dish "Green and White Jade": Sauteed Winter Bamboo Shoot and Shanghai Cabbage (Seasonal) River Food and Seafood The Delicacy of the New Year's Eve Dinner: Fried Tapertail Anchovy Bony yet Delicious: Braised Crucian Carp with Scallions Peculiar Taste: Sauteed Shelled Shrimp Tasty Fish Tail: Braised Grass Carp Tail with Soy Sauce "Yellow Gold and White Jade": Crab Meat with Tofu Meat Dishes Chicken Makes Life Good: Boiled Tender Chicken with Sauce The Improved Shanghai Cuisine: Pork Ball Stew Pleasant Memory of Childhood: Simmer Meat Soup The First Soup of Shanghai: Yan Du Xian (Pork and Bamboo Shoots Soup) Special Delicious Taste: Pig's Feet and Soybean Soup Winter and Summer Special: Salted Meat, Preserved Bamboo Shoot and White Gourd Souo Snacks Delicious Taste Wrapped in Reed Leaves: Shanghai Zongzi Another Bowl Please: Shanghai Vegetable Rice The Special Refreshments Served at the Wedding: Boiled Glutinous Rice Balls in Fermented Glutinous Rice with Egg Summer Special: Shanghai Chilled Noodles Shanghai Granny's Family Treasure: Wonton with Shepherd's Purse and Minced Pork Filling

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章节摘录

插图：

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