

Every Grain Of Rice: Simple Chinese Home Cooking



Imagine going to Chengdu, China, cut off from the outside world, without Internet, email or a way to make international phone calls. That was the era when Fuchsia Dunlop packed her bags in England and started her journey into learning the art and science of Sichuan and Chinese cooking.

She has cooked and eaten Chinese food for decades and is able to unravel the secrets of preparing and cooking everyday Chinese food so that moms and dads or the experienced cook can follow at the comfort of their own homes. Her new cookbook *Every Grain of Rice* is her personal selection of recipes that work well for the home cook. This cookbook is packed with healthy, easy and delicious recipes in which vegetables are in the forefront. It is a way to inspire people particularly healthy and Chinese food enthusiasts, discover simple, sustainable and economical ways to cook and eat.

The traditional Chinese diet mainly consists of grains and vegetables. Meat was sort of an added relish. The Chinese are brilliant in making vegetables taste incredible, using a little bit of meat or fish and by incorporating ingredients like black beans, soy sauce, fermented tofu and pickles to make vegetables taste sensational. You will never eat vegetables the same way again.

This book offers readers an alternative to cooking more vegetables and less meat without sacrificing any pleasure of eating. You will find recipes from Sichuan, Hunan

and the Southern Yangtze regions. Most of the recipes require few ingredients that are easy to find.

Chinese food has come a long way in the West. What we know about Chinese food in our local Chinese take-out is just a tip of the iceberg of Chinese cooking. Chinese food took shape years ago when mainstream America were less ready to except authentic Chinese cooking. Most classic take out menus consist of deep fried food, food coloring, very sweet and salty tasting foods. Most of these do not incorporate the different spices of China. They only represent one aspect from the Chinese cooking.

The authentic home cook Chinese food is light, healthy, economical, natural and delicious. You can find in *Every Grain of Rice* what most Chinese people eat everyday.

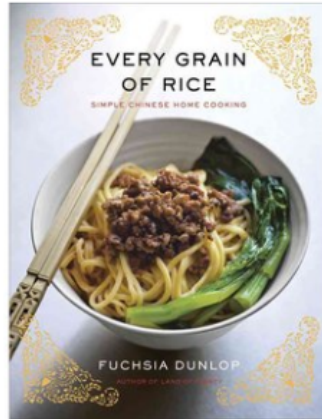
Fuchsia's favorite Sichuan foods are fish fragrant eggplant (*Yuxiangqiezi*) made with pickled chili, garlic, scallions and ginger, and twice-cooked Swiss chard. She loves fresh bamboo shoots and always misses it when she is in England. When asked what's her favorite English food, she said Shepherd's Pie.

Here are five tips from Fuchsia if you are a foodie traveling to China for the first time or if you want to learn Sichuan cooking in China:

1. Be adventurous and visit the beautiful countryside. The remote places of China are beautiful and authentic.
2. Learn the language before traveling.
3. Be curious.
4. Eat like the locals. Most places are safe including street food. You want to eat in places that are clean.
5. "Must eat foods" include any type of fish fragrant dishes, *la zi ji* (chicken with chili), boiled dumpling in spicy sauce, something with *mala* sauce and she has more. You will need to get there to find out more of the amazing foods.
6. Bring your camera, notebook and a smartphone.

If you are looking for ways to incorporate more vegetables into your home cooked meals, eat less meat or if you are a vegetarian, vegan or on a gluten-free diet, *Every Grain of Rice* may just be one essential cookbook for you. Chinese food is ideal for people with gluten-free diet because most recipes in the book except rice, noodles and dumplings are gluten-free. You can replace soy sauce with tamari sauce.

To take a step further, Cooking School in China will take you to where Fuchsia was trained, to the Sichuan Higher Institute of Cuisine for an immersion of Chinese culture and cooking.



Note: We want to thank Fuchsia Dunlop for taking time off from her busy schedule to speak with us. Her 352 pages with stunning photographs and clear instructions book, *Every Grain of Rice: Simple Chinese Home Cooking* is available on February 4, 2013 in all bookstores in the United States.