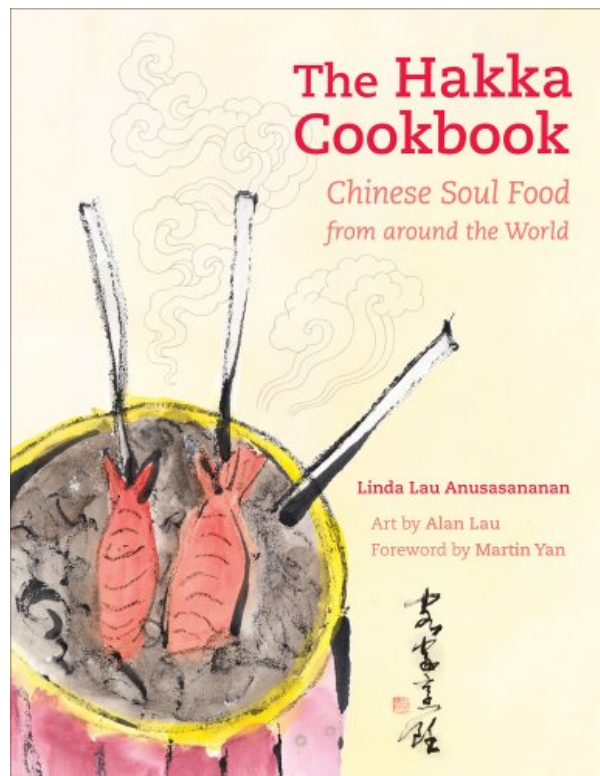
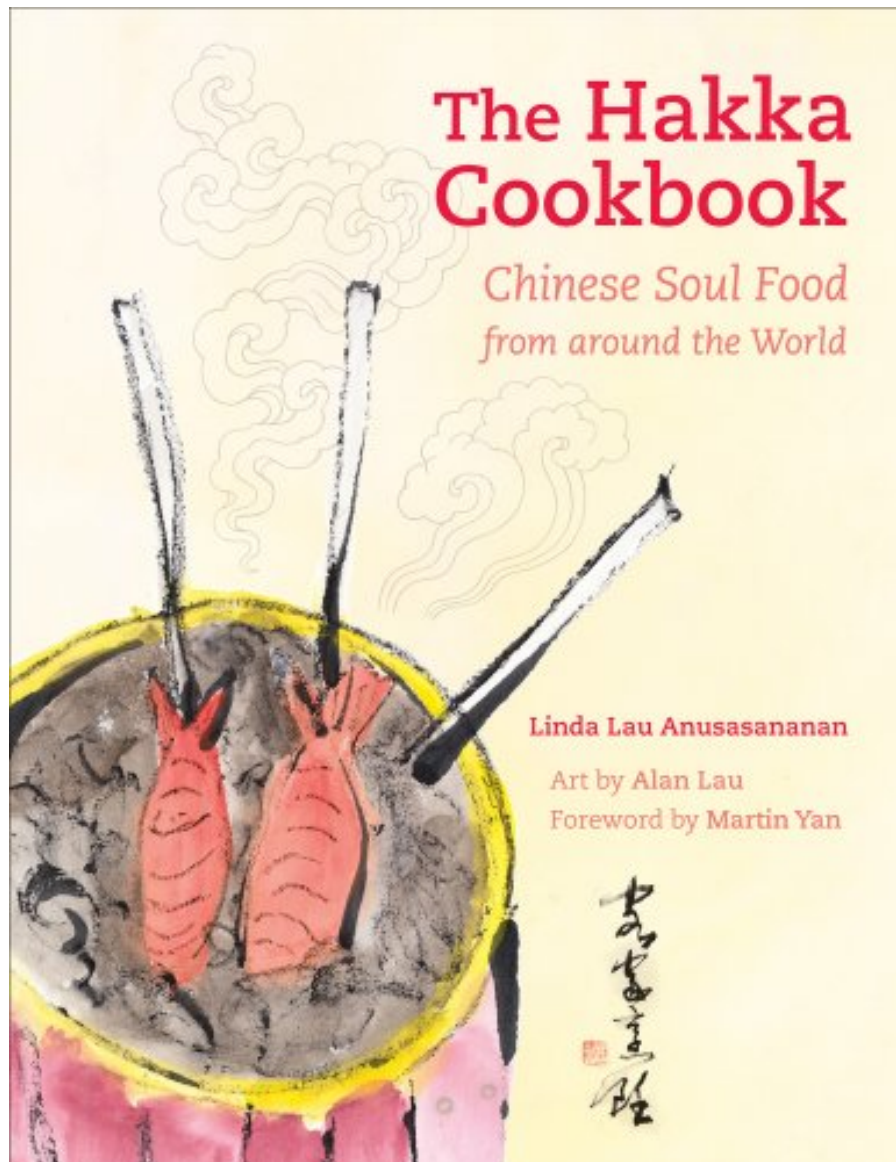


THE HAKKA COOKBOOK: CHINESE SOUL FOOD FROM AROUND THE WORLD BY LINDA LAU ANUSASANANAN



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Review

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“[A] fascinating journey. . . . [the book] offers a unique look at what has been called ‘the Gypsy cuisine of China.’” (John Lekich Books To Cooks.com 2012-11-15)

"Cozy as a kitchen scrapbook, filled with recipes that simply work." (The Cleaver Quarterly 2015-04-01)

From the Inside Flap

“Linda Anusasananan has written a remarkable cookbook, weaving together a poignant memoir and an in-depth exploration of Hakka cuisine. This work is an essential for any Asian cookbook library.” –Grace Young, author of Stir-Frying to the Sky's Edge

“Linda Lau Anusasananan’s heartfelt and honest tribute to the cuisine of her heritage illuminates how Hakka foodways deliciously endure and evolve in the face of transnational migration. In this era of fusion and local cooking, this is the real deal. The marvelous recipes inspire readers to dive in and explore.” –Andrea Nguyen, author of Into the Vietnamese Kitchen and Asian Tofu

“This beautifully written culinary gem illuminates the haunting history and culture of the Hakka, or the ‘guest’ people of China. Told as a personal journey, Linda Anusasananan’s cookbook presents a brilliant exploration of the inherent link between Hakka food and familial spirit; together these family recipes convey the simple, rustic and tasty flavor profile of a cuisine that has been long overlooked. This is more than just another cookbook.” –Joyce Jue, author of Savoring Southeast Asia

“We are fortunate to finally have a long-overdue Hakka cookbook. This lovely, well-researched book is loaded with flavorful, homespun foods from Hakka families around the world. It is the essential guide to Hakka culture and cuisine, filled with delicious, easy-to-prepare, healthful recipes.” –Jacqueline M.

Newman, editor-in-chief of Flavor and Fortune

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About the Author

Linda Lau Anusasananan was recipe editor and food writer for *Sunset Magazine* for 34 years. She also served as a special consultant to cookbooks such as *Sunset Chinese*, *Sunset Oriental*, *Sunset Wok*, *Sunset Seafood*, and *Sunset Pasta*. She was the president of the Association of Chinese Cooking Teachers and president of the San Francisco Chapter of Les Dames d’Escoffier. Artist Alan Lau wrote and illustrated *Blues and Greens*, a *Produce Worker’s Journal*.

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THE HAKKA COOKBOOK: CHINESE SOUL FOOD FROM AROUND THE WORLD BY LINDA LAU ANUSASANANAN PDF

Veteran food writer Linda Lau Anusasananan opens the world of Hakka cooking to Western audiences in this fascinating chronicle that traces the rustic cuisine to its roots in a history of multiple migrations. Beginning in her grandmother's kitchen in California, Anusasananan travels to her family's home in China, and from there fans out to embrace Hakka cooking across the globe—including Hong Kong, Taiwan, Singapore, Malaysia, Canada, Peru, and beyond. More than thirty home cooks and chefs share their experiences of the Hakka diaspora as they contribute over 140 recipes for everyday Chinese comfort food as well as more elaborate festive specialties.

This book likens Hakka cooking to a nomadic type of “soul food,” or a hearty cooking tradition that responds to a shared history of hardship and oppression. Earthy, honest, and robust, it reflects the diversity of the estimated 75 million Hakka living in China and greater Asia, and in scattered communities around the world—yet still retains a core flavor and technique. Anusasananan's deep personal connection to the tradition, together with her extensive experience testing and developing recipes, make this book both an intimate journey of discovery and an exciting introduction to a vibrant cuisine.

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- Number of items: 1
- Dimensions: 9.00" h x 1.10" w x 7.00" l, 1.80 pounds
- Binding: Hardcover
- 312 pages

Features

- The Hakka Cookbook

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10 of 11 people found the following review helpful.

A history lesson on my people + food

By vyk

This rating is short of 5 stars due to the lack of pictures. I think this book would be taken to the next level if there were drool-worthy pictures in it. I do love the way this is written, from a historical perspective of the Han and Hakka peoples. My mom and her siblings are the last ones in our family to speak and understand Hakka, let alone cook amazing, hearty Hakka food. I bought this book to cherish some of the recipes that I ate growing up as a child. Highly recommend!

0 of 0 people found the following review helpful.

hskka - unknown territory

By FWP#6

Not many non Chinese are aware of this group of who my MOM called the gypsies of China. Both of us are 100% Chinese born in Panama. From this background comes a few personal opinions. I found the book very Informative and educational about the Chinese diaspora in which my grandparents took part at the turn of the century. I enjoyed ambling down memory lane

as I read over the recipes and seeing my Mom once again cooking in her kitchen and explaining it all to me with a little family history thrown in. Did I say, My mom's father was Hakka and he taught Polo to cook his favorite dishes.
FWP#6

1 of 2 people found the following review helpful.

Solid well written Chinese cookbook and a compelling read

By jack of all trades

I learned Chinese cooking in different regions of China over a 20 period while I was doing business there. I mostly cook from a sheet of notes that I've acquired over that time & I only have a couple Chinese cookbooks.

This is a very solid reference manual for people trying to learn basic homestyle Chinese cooking. The Hakka style of cooking is a distinct and separate cuisine from the other six or seven and that I am most familiar with in China and the three or four available in the United States.

What's more, is Hakka cooking is just plain fun and simple. If you are trying to learn to cook Chinese food, this would be a good introduction to food that you have never had on your table before that will really impress your friends. The lack of photographs of the finished dishes is the reason I only gave it 4 stars, because this would make it more difficult for beginning cooks to use. however, if you have been to enough Chinese restaurants you have an idea how it is supposed to look , and anyway, Hakka cuisine is not big on presentation.

The author does a great job off bringing you along with her family's journey from China into the United States at the turn of the last century and discovering different variations of Hakka cuisine from many different parts of the world.

The book in that fashion, is similar to Patricia Dunlop's book on Sichuan cooking "The Land of Plenty" and is a great read in this respect.

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