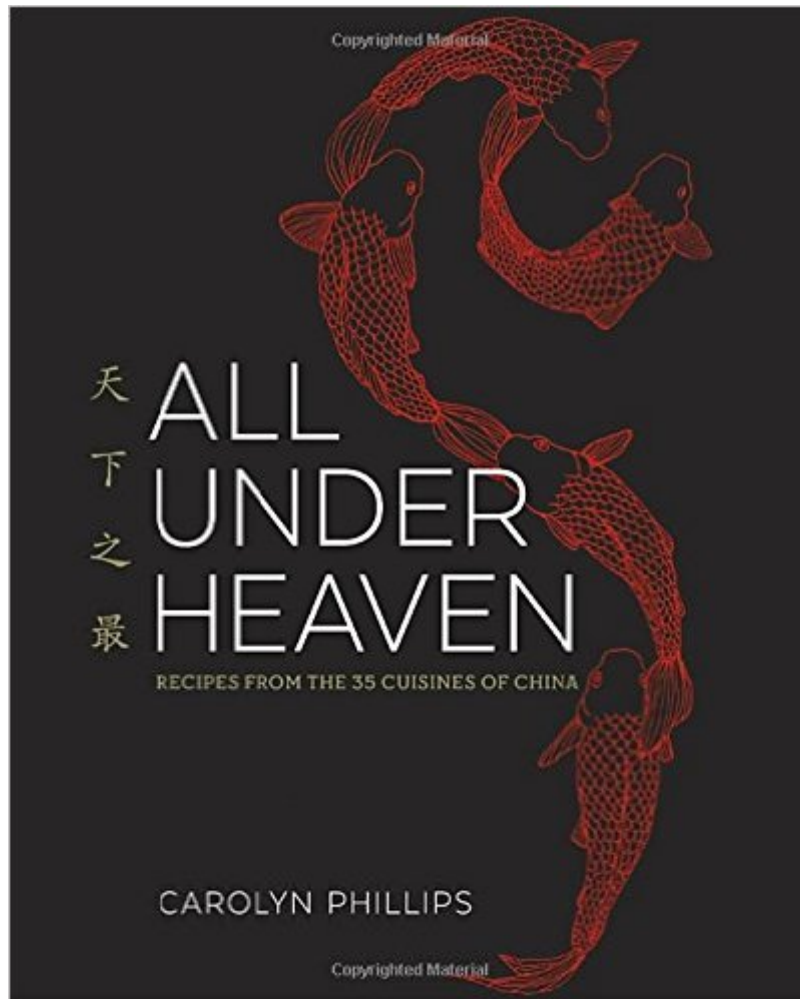


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# All Under Heaven: Recipes From The 35 Cuisines Of China



## Synopsis

A comprehensive, contemporary portrait of China's culinary landscape and the geography and history that has shaped it, with more than 300 recipes. Vaulting from ancient taverns near the Yangtze River to banquet halls in modern Taipei, *All Under Heaven* is the first cookbook in English to examine all 35 cuisines of China. Drawing on centuries' worth of culinary texts, as well as her own years working, eating, and cooking in Taiwan, Carolyn Phillips has written a spirited, symphonic love letter to the flavors and textures of Chinese cuisine. With hundreds of recipes--from simple Fried Green Onion Noodles to Lotus-Wrapped Spicy Rice Crumb Pork--written with clear, step-by-step instructions, *All Under Heaven* serves as both a handbook for the novice and a source of inspiration for the veteran chef.

## Book Information

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## Customer Reviews

This is a vast book. It is almost overwhelming in scope. And some cook book readers will want to disregard this one because it does not have pictures. I think that would be a mistake, especially for cooks who want to delve further into Chinese dishes than what they have already found in general Chinese cooking books. "All Under Heaven" introduces the reader into the intricacies of Chinese food culture regions. It is not an introduction into Chinese cooking. I think this book might be a bit overwhelming for an inexperienced cook; someone unfamiliar with Oriental ingredients. Although, if you glance through the very exemplary "Look Inside" feature on this product page, you will see that many recipes are very approachable, and ingredients readily available from a large well-stocked grocery store. If you are inexperienced, yet very interested in discovering the regional cooking of

China, you will be able to tackle these recipes with gumption and determination. While a large oriental grocery store would surely be a great help, it is not mandatory for maybe a third-to-half of the recipes. If you are out in the middle of nowhere, 's vast array of foodstuffs can come to your rescue. While many of the line drawings are beautiful, without even a few full-color photos, the book is a bit difficult to plow through if your intent is to just glance at the recipes and whiling away a peaceful afternoon. This is a serious book, loaded with information, and not suited for light reading. Each region is covered, but no region is really covered in depth. Each region has sub-regions, and there is a sprinkling of recipes for each. For instance, I was hoping to learn more about Hakka dishes. While there were a few recipes, I yearned for more.

This book is an amazing piece of scholarship. I've been a follower of Carolyn Phillip's blog as soon as I found it, and obsessively read her weekly Monday posts after I worked through the entire contents of her blog. (Check it out, she's just put up her latest post on eggplants, even though it's the U.S. Labor Day and directly after her book release!). Right now I'm working through the Shanghai/Yangtze region. My mom is old school Shanghainese (90+) and I'm recognizing recipes and ingredients I haven't seen in years. This is for real, stuff I haven't seen in the U.S. since I was a kid going to banquets, dinners with my parent's friends and restaurants where someone native to Shanghai was ordering. I don't even know how to order many of the dishes or buy the ingredients, and it's killing me! That being said, she's also giving subs and encouraging readers to cook it even if there are ingredients missing. Go for it. Cooking chinese is adapting yourself to whatever's available. The only comparable author I can think of is the late, great Barbara Tropp, who authored *The Modern Art of Chinese Cooking*. Until now, that was my definitive reference and tour on the breadth of chinese cooking through it's many regions. Carolyn Phillips' book is a step forward, with her identification of regional tastes and examples of regional dishes. Barbara Tropp didn't break out the regions and tastes as clearly or rigorously. I'll report back when I work my way through further chapters. This book is huge. I can tell I'm going to be spending a LOT of time going through this and gaining a better understanding of what's simplistically referred to as "chinese cuisine". additions : If you're fairly new to Chinese cooking, start with the intro basics section of the book.

//All Under Heaven: Recipes from the 35 Cuisines of China// by Carolyn Phillips is the most comprehensive cookbook of Chinese cuisine I've ever seen, and I've looked through many in both the US and China. There are certainly others that go into greater detail on a specific type of cuisine (e.g., I have one just for dumplings), but this is the first that covers such a broad range of

local cuisines with such depth and intentionality. If you only have one Chinese cookbook, this is indeed the one to have. Phillips divides the cuisines into five regions with several subcategories:

1. The North & Manchurian Northeast
  - a. Shandong
  - b. Beijing
  - c. Tianjin
  - d. Hebei
2. The Yangtze River & Its Environs
  - a. Huai Yang
  - b. Jiangsu
  - c. Shanghai
  - d. Zhejiang
  - e. Northern Fujian
  - f. Anhui
  - g. Henan
  - h. Jiangxi
3. The Coastal Southeast
  - a. The Kakkab
  - b. Chaozhou
  - c. Southern Fujian
  - d. Taiwan
  - e. Taiwan's Military Families
  - f. Hainan
  - g. Guangdong and Southern Guangxi
  - h. Pearl River Delta
  - i. Macau
  - j. Hong Kong
4. The Central Highlands
  - a. Sichuan
  - b. Hunan
  - c. Yunnan
  - d. Guizhou
  - e. Northern Guangxi
5. The Arid Lands
  - a. Shaanxi
  - b. Shanxi
  - c. Gansu
  - d. The Northwest
  - e. Inner Mongolia
  - f. Tibet

Each section begins with a couple pages about the region and a short paragraph or two on each subcategory, followed by a plethora of recipes organized by appetizers & small plates, soups, entrées, side dishes, starches & street food, sweets, and beverages. Therefore, the recipes are not organized according to subcategories, though each recipe is labeled accordingly.

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