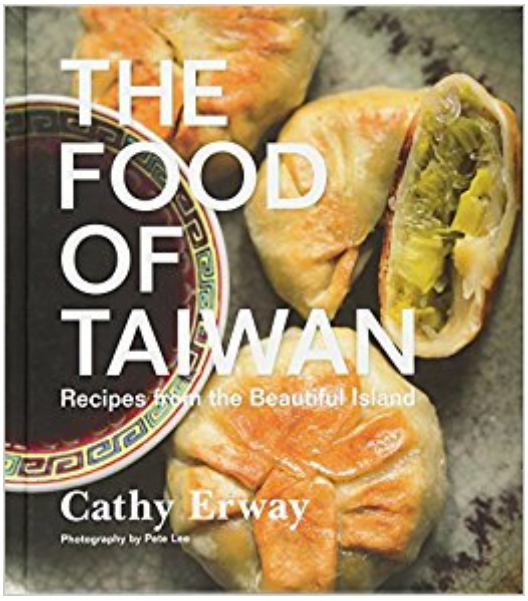
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The Food Of Taiwan: Recipes From The Beautiful Island



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Synopsis

Acclaimed author Cathy Erway offers an insider's look at Taiwanese cookingÃ¢â ¬â •from home-style dishes to authentic street food While certain dishes from Taiwan are immensely popular, like steamed buns and bubble tea, the cuisine still remains relatively unknown in America. In The Food of Taiwan,Ã Â Taiwanese-American Cathy Erway, the acclaimed blogger and author of The Art of Eating In, gives readers an insiderÃ¢â ¬â„¢s look at Taiwanese cooking with almost 100 recipes for both home-style dishes and street food. Recipes range from the familiar, such as Pork Belly Buns, Three Cup Chicken, and Beef Noodle Soup, to the exotic, like the Stuffed Bitter Melon, Oyster Noodle Soup, and Dried Radish Omelet. Tantalizing food photographs intersperse with beautiful shots of TaiwanÃ¢â ¬â„¢s coasts, mountains, and farms and gritty photos of bustling city scenes, making this book just asÃ Â enticing to flip through as it is to cook from.

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Customer Reviews

View larger Taiwanese Beef Noodle Soup from The Food of Taiwan Makes 6 to 8 servings ItÃƒÂ¢Ã â ¬Ã â„¢s widely believed that this hallmark of Taiwanese cuisine was created within the military villages set up to accommodate the influx of mainlanders at the middle of the twentieth century. There is nowhere else a noodle soup quite like it, although the dish has conspicuous influences from Sichuan provinceÃƒÂ¢Ã â ¬Ã â •chili bean sauce and Sichuan peppercorns. Some call it TaiwanÃƒÂ¢Ã â ¬Ã â„¢s 'national dish,' while others argue that Danzai Noodle Soup (see page 138) is more representative of older, more traditional Taiwanese cuisine. Regardless, its deeply savory, delicious broth has made it a popular favorite on the island, and

amongst visitors, too. Directions Heat 1 tablespoon of the oil in a large soup pot or Dutch oven over medium-high heat. Once hot, add as much of the beef as will fit on the bottom of the pan without too much overlap (you will need to work in batches). Cook, flipping with tongs, until both sides are gently browned, 5 to 6 minutes total. Repeat with the remaining beef, adding more oil as needed. Transfer the meat to a dish and set aside. Heat another tablespoon of the oil in the same pot until just hot. Add the ginger, garlic, scallions, chilies, and tomato. Cook, stirring occasionally, until very fragrant and the vegetables are softened, 3 to 4 minutes. Stir in the sugar and cook until dissolved and the mixture is bubbling. Return the beef to the pan and stir in the chili bean sauce. Stir in the rice wine and bring to a boil, scraping the bottom of the pot to release any browned bits. Let boil for a minute, then add the light and dark soy sauces, the water, peppercorns, five-spice powder, and star anise. Bring just to a boil and then reduce to a low simmer. Skim the scum that rises to the top of the pot with a slotted spoon. Cover and cook at a low simmer for at least 2 hours, preferably 3 hours. For the Noodles and Serving Cook the noodles according to the package instructions. Divide among individual serving bowls. Ladle the soup into each bowl with chunks of the beef, top with scallions and the blanched green vegetables, if using, and serve. Ingredients 2 to 3 tablespoons vegetable or peanut oil 2 pounds beef stew meat, preferably boneless shank, cut into 2-inch cubes 6 thick slices peeled fresh ginger 6 garlic cloves, smashed 2 whole scallions, trimmed and coarsely chopped 2 to 3 small fresh red chilies 1 large plum tomato, coarsely chopped 2 tablespoons sugar 1 tablespoon chili bean sauce 1 cup rice wine 1/2 cup light soy sauce 1/4 cup dark soy sauce 2 1/2 quarts water 1 tablespoon Sichuan peppercorns 1/2 teaspoon five-spice powder 2 star anise 2 pounds Asian wheat noodles (any width) 1 whole scallion, trimmed and thinly sliced 8 small heads gently blanched baby bok choy, or substitute with spinach, sweet potato leaves, or other leafy green vegetable (optional)

"In this appetizing collection, Erway (The Art of Eating In), an acclaimed blogger at Not Eating Out in NY, takes readers on a cultural and culinary tour of Taiwan that will engage armchair travelers and foodies alikeÃ¢â ¬Â| From pantry staples such as chili bean sauce, ginger, and rice wine to the vibrant night markets that take over entire streets, she offers an insiderÃ¢â ¬â„¢s perspective of the Taiwanese lifestyle and reveals what makes a dish distinctly Taiwanese. In addition to chapters on appetizers, vegetables, meat, and seafood, she explores the lasting culinary influences of military villages, train bento boxes, and Taiwanese tea. Recipes for fried pork chop noodle soup, shredded chicken over rice, and Hakka-style sweet green tea convey cultural insight as well as

instructionÃ¢â ¬Â¦ Photos of everyday people, the diverse landscape, and alluring dishes complete this engaging and delightful collection." Ã¢â ¬â •Publisher's Weekly, starred review Ã¢â ¬Å“ErwayÃ¢â ¬â„¢s cookbook is among the very first to celebrate Taiwanese food and culture in English. It is written with deep affection, and the photographs capture the beauty of Taiwan and its tantalizing cooking. ErwayÃ¢â ¬â„¢s charming stories make this book as much a travelogue as an enticing introduction to this little-known cuisine.Ã¢â ¬Â•Ã¢â ¬â •Grace Young, author of Stir-Frying to the SkyÃ¢â ¬â„¢s Edge Ã Â Ã¢â ¬Å“A fresh voice, a fascinating new culture (at least for most of us), and bulletproof recipes. Cathy Erway writes as well as she cooks, which is great.Ã¢â ¬Â•Ã¢â ¬â •Peter Kaminsky, author of Culinary Intelligence Ã Â Ã¢â ¬Å“Taiwanese is one of the great neglected regional cuisines of China. Why? Because Taiwanese restaurateurs are more likely to open Cantonese, Shanghai, or Sichuan restaurants, and keep their own excellent dishesÃ¢â ¬â •like stinky tofu, oyster omelets, beef noodle soup, and meatball mochiÃ¢â ¬â •to themselves. In Cathy ErwayÃ¢â ¬â„¢s new cookbook The Food of Taiwan, she explicates all these recipes and more, filling a great gap in our knowledge of Chinese cooking, inviting you to mount your own dinner party.Ã¢â ¬Â•Ã¢â ¬â •Robert Sietsema, Eater NY

CATHY ERWAY is the author of The Art of Eating In and has written for publications such as Saveur, PAPER magazine, and Serious Eats. She is the host of Heritage Radio NetworkÃ¢â ¬â„¢s "Eat Your Words" and co-founded the supper club The Hapa Kitchen.

This beautifully photographed book contains plenty of history in the introduction, and is very thorough and eloquent in describing the unique ingredients and cookware used in Taiwanese cooking. It also provides an ample overview of many regions of Taiwan and styles of cooking in a cultural context. But as far as the recipes go for a cookbook, I did not think the measurements or methods were entirely precise and replicable. I tried over 25 of the recipes over about a month. Here is a sampling of the results:- Pineapple Tarts: Tasted fine, but there was likely too much butter in the crust... 2.5 sticks for only 12 tarts. (I have another recipe for Pineapple Tarts from a separate source that uses drastically different proportions of butter and flour, to much better results.) Upon shaping the tarts, they looked promising, but after 30 minutes in the oven, all 12 tarts had melted into each other and the ÃƒÂ¢Ã â ¬Ã Å“crustÃƒÂ¢Ã â ¬Ã Â• was near dripping off of the baking sheet.- Meatball Mochi (Ba Wan): The filling was not flavorful enough and didn’t stick together in the way it should (the main components are pork and bamboo shoots without much else). In addition, the recipe only used 2 T of the mochi mixture per meatball, resulting in an extra 3 cups of mochi

mixture leftover. This could have been better proportioned to match the amount of filling, or at least a note included as to whether the mochi can be saved for later.- Three Cup Chicken: This turned out extremely salty. The second time I made it, I used 1/4 of the written 1 cup of soy sauce, for much better results. One possible explanation could be the differences in salinity of various brands of soy sauce, even if they are labeled ÃƒÂ¢Ã â ¬Ã Å“lightÃƒÂ¢Ã â ¬Ã Â•. It would be helpful if specific brands/photos of condiments were suggested.- Pan-Fried Leek Buns: The filling was good and I appreciate the suggestion for Chinese leek substitutions, but the recipe does not say to pan-fry the buns on both sides... yet the photo on the cover of the book, as well as my experience, told me that they should be fried on both sides.- Pork Meat Sauce: After my Three Cup Chicken experience, I decreased the soy sauce called for in Pork Meat Sauce (prepared in a similar style with a long braising time in a soy-based sauce), and it was much more enjoyable.- Taiwanese Pork Belly Buns (Red-Braised Pork Belly and Marinated Cucumbers recipes): For the Pork Belly recipe, I found that 2 cups of water diluted the flavor of the other ingredients in the braising liquid. Next time, I would decrease the amount of water or let the liquid reduce some over the 2 hour cooking time. Marinated cucumbers were standard.- Some recipes (such as Braised Cabbage with Dried Shrimp and Shiitake Mushrooms, Fried Chicken Bites, or Sauteed King Oyster Mushrooms with Ginger) that had fewer components and employed minimal seasonings were much more successful, as I was able to easily adjust the seasoning to taste.In addition, it would be much more helpful and comforting if the photographs matched what could be achieved in the average home kitchen. Many of the photographs are from street vendors or restaurants, which doesn't accurately reflect the "homemade" or "Americanized" version of the recipe as written. I would have also benefited from photos of the process for more specialized methods such as how to shape a bun properly.This book is an excellent survey of Taiwanese cuisine ÃƒÂ¢Ã â ¬Ã â œ but be cautious if using it as a cookbook and only regard the recipes as a base or inspiration for your own cooking, as the recipes are lacking in thorough testing, specificity in less common ingredients, and precision in measurements. Use your cooking common sense and taste for seasoning as you go. There are a few recipes that are winners, but not enough to warrant a place for this book on my cookbook shelf.

Authentic Taiwanese recipes! I've only made the Beef Noodle Soup, Pepper Pork Buns, and Lou Rou Fan. These were my comfort foods when I was growing up in Taiwan in the 70's. After immigrating with my family, I never learned how to create the same flavors. All these recipes takes me back to my childhood. I love the introduction of Taiwanese history, people, and island facts at the beginning of the book and stories sprinkled throughout. I've read this book cover to cover and I

can’t stop drooling over the pictures. This is a very well written book, detailed recipes, and a wonderful introduction to Taiwanese food.

For anyone who loves food, travel, Taiwan, SE Asia, and cultural flavors--this book is a must-read. Unique and delicious recipes highlight the unusual mix of culinary traditions that unite Taiwan cuisine, and gorgeous photos make the food leap right off the page. Highly recommended for the food adventurer in yourself or your loved ones.

After I heard the author talk about the food of Taiwan on an edition of the Splendid Table, I realized that I wanted to try the book to find out more about this aspect of Chinese food. While the historical and cultural information is interesting and well written, I am most delighted with the book primarily because of the excellent quality of the recipes. They are clearly written, and a nice variety of vegetable dishes are included. I read all the way through and now have a long list of things to try. The steamed eggplant is a wonderful method for cooking that vegetable. Any topping would be delicious with the soft creamy texture that results after slices of Asian eggplant are steamed. The book does require access to Chinese ingredients. And a good wok and a steamer might not technically be required but would make working with the recipes easier.

Love this cookbook! Every page filled me with so much nostalgia. Wonderfully simple and beautifully done.

Beautifully done book. Great recipes. Highly recommended.

Given as gift to someone who just returned from Taiwan. Was well received and has my young nephew excited to try recipes.

I bought this cookbook after returning from my trip to Taiwan. I love the photos and the recipes. The author is an excellent writer, and the text about Taiwan and its history is fascinating.

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