



Chinese Food (Introductions to Chinese Culture)

Junru Liu

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This illustrated gastronomic tour traces the development of the unique food and drink culture found in China. From ancient to modern times, the Chinese have celebrated an epicurean lifestyle, believing that food is not just meant to fill the stomach, but that an abundance of food denotes good fortune and that knowing what, and how, to eat is crucial to health. Liu Junru explores the traditions surrounding cooking and eating in China, distinctive regional variations, the development of advanced culinary techniques and new dining trends. Chinese Food will be of interest to all those with an interest in the origins of this popular cuisine, now enjoyed in every part of the world.

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