



The Cooking of China (Superchef)

M Locricchio, Matthew Locricchio

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We talk about food for the soul; bread as the gift of life; music as the food of love. Food brings us together, whether we're sharing a meal at the same table or simply experiencing another culture through its cuisine. In Superchef, chef Matthew Locricchio encourages young people to enter the kitchen and to experience for themselves the joys of cooking. After a quick review of the basic principles of kitchen safety, food handling and common sense nutrition, there is a region-by-region overview of the cuisine of the country. Then it's on to a variety of authentic (and tantalizing) traditional recipes! Adapted for the modern kitchen and the neighborhood supermarket, the recipes originate in Italy, France, Mexico and China. They range from soups and salads to entrees and desserts. Vegetarian dishes are included, too. The recipes are enhanced by spectacular color photographs, step-by-step instructions and "Chef's Tips" to make all of them, from the simple to the more complex, readily accessible. Endorsed by Chef Frank Brigtsen of Brigtsen's Restaurant in New Orleans, Superchef stresses cooking as a creative process -- and one within everyone's grasp!

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