

THE CHINESE COOK BOOK

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649547173

The Chinese Cook Book by Shiu Wong Chan

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SHIU WONG CHAN

**THE CHINESE
COOK BOOK**

The
Chinese Cook Book

By
Shiu Wong Chan

*Containing more than one hundred recipes for everyday food
prepared in the wholesome Chinese way, and many
recipes of unique dishes peculiar to the Chinese
— including Chinese Pastry, "Slow
Parties," and Chinese Candies*

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New York
Frederick A. Stokes Company
Publishers

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PREFACE

Some one once said that without a good cook and good cooking life was not worth living.

The author's purpose is to make good cooking possible.

All these recipes have been tested and are therefore reliable.

A person who has tasted Chinese food realizes that it is the most palatable and delicious cooking he ever ate. It is not only that but its nutritious value recommends it to all. It is true in a sense that we eat to live. If the body does not have nutritious and pleasant food no full growth and development is possible; hence power is weakened.

Leave the decision as to Chinese cooking to your own taste. When you have eaten the food you will soon be convinced not only of its merits but, in fact, of its superiority over other kinds of food and ways of cooking.

PREFACE

This book is meant not only for the housewife but also for the restaurateur. In fact, it is written in such a clear, simple form that any one by following its rules can prepare dishes of rare delicacy and flavor.

This is my purpose in writing the book. I wish to make good, tempting, and wholesome cooking possible for all.

SHIU WONG CHAN.

New York, May 18, 1917.

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