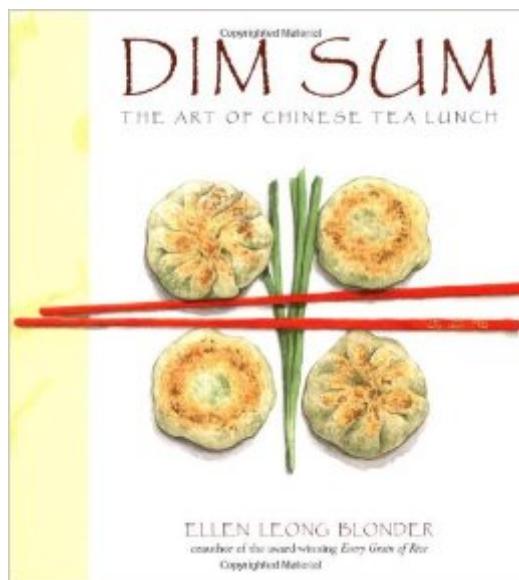


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# Dim Sum: The Art Of Chinese Tea Lunch



## Synopsis

In Cantonese, “œdim sum” means “œtouch the heart,” and Ellen Blonder’s charming celebration of China’s famed tea lunch does just that. More than sixty carefully crafted, authentic recipes, each illustrated with Ellen’s exquisite watercolor paintings, put the key to re-creating these delectable morsels in every cook’s hand. Anyone who has enjoyed the pleasures of a dim sum meal has inevitably wondered what it would be like to create these treats at home. The answer, surprisingly, is that most are quite simple to make. From dumplings to pastries, Dim Sum is filled with simple, foolproof recipes, complete with clear step-by-step illustrations to explain the art of forming, filling, and folding dumpling wrappers and more. Ellen Blonder offers her favorite versions of traditional Pork and Shrimp Siu Mai, Turnip Cake, and Shrimp Ha Gow, each bite vibrantly flavored, plus recipes for hearty sticky rice dishes, refreshing sautéed greens, tender baked or steamed buns, and a variety of pastries and desserts—all the ingredients required for an authentic, restaurant-style dim sum feast. Practical advice on designing a tea lunch menu and making dim sum ahead of time round out this irresistible collection. Lovingly created from years of tasting, refining, and seeking out the best dim sum recipes from San Francisco to Hong Kong, Dim Sum is a gem that any student of Chinese cooking will treasure.

## Book Information

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## Customer Reviews

Let me first say that I am born in Hong Kong and have literally grown up with Dim Sum. I view it as more than just great foods but also as part of a traditional family event. Much like Southern barbecue isn’t just about the pork. I am giving this book a 4.5-stars rating One thing I really

appreciate about this book is that its small 2 pages devotion in tea. Tea plays a very important role in traditional Dim Sum. Dim Sum are the foods, but the entire event/experience of going to a Chinese restaurant, ordering Dim Sum and drinking tea is called "Yum Cha", which literally means "Drink Tea". In short, the book converses more than just recipes. The recipes are not entirely authentic from two angles. It is not necessary a bad thing, but potential buyers should know where this book is coming from. First, a few of the traditional Dim Sum dishes, like Black Bean Sauce Chicken feet, are passed up for semi-western pastries like Mango Pudding. Second, the recipes themselves are not purely authentic. A good example is the recipe for Char-Siu Bao (Steam Cantonese BBQ Pork Buns). It only calls for cake flour. A more authentic recipe would have called for both cake flour and wheat starch. That being said, this book is much more authentic than many other books which simply call for all-purpose flour. I have altered 80% of the recipes I tried thus far because the final products differ from my recollection. Nevertheless, the book provides a good starting point for people who want to try making Dim Sum. The book also offers many vegetarian versions of the same dish. The pictures are wonderful. They are beautiful hand-drawn pictures of the Dim Sum, as well as the hand-drawn procedures, like the steps to pleat a Char Siu Bao.

This 'Dim Sum, The Art of Chinese Tea Lunch' is the second book from graphic artist Ellen Leong Blonder. The first three things which strike one about the book is that it is a smallish book for a fairly sizable subject, the author is neither a chef nor a culinary journalist, and that the design and illustrations in the book are exceedingly well done. I always have problems rating small books which commonly give half the value for about two thirds of the price of full sized books. Since this is Ms. Blonder's second book on a culinary subject, and since her first book won an IACP Cookbook award, her being an apparent culinary amateur should cause no concern about the quality of the book's contents. The book is divided into the following chapters: Steamed Dumplings, Boiled and Pan-Fried Dumplings, Breads and Baked Dishes, Rice and Rice Flour Dishes, Greens and Pan-Fried Dishes, Deep-Fried and Bean Curd Sheet Dishes, Meats, Sweets, Sauces and Condiments. The book also contains small sections on types of tea, planning a menu, equipment and supplies, resources, and bibliography. In a book this small, the bibliography becomes an important resource. The text states that some Dim Sum restaurants offer over a hundred dishes, yet this book has barely 110 pages devoted to often two page recipes. The book makes up for this sparseness in two very important ways. First, it spends much of its space dedicated to Dim Sum cooking methods and equipment for steaming and deep-frying. It also gives excellent recipes for dumpling doughs and wrappers plus methods for folding dumplings. Second, this book succeeds very well as a 'feel good'

book based on both the text and the color drawings, and the exceptionally good job of designing the book.

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