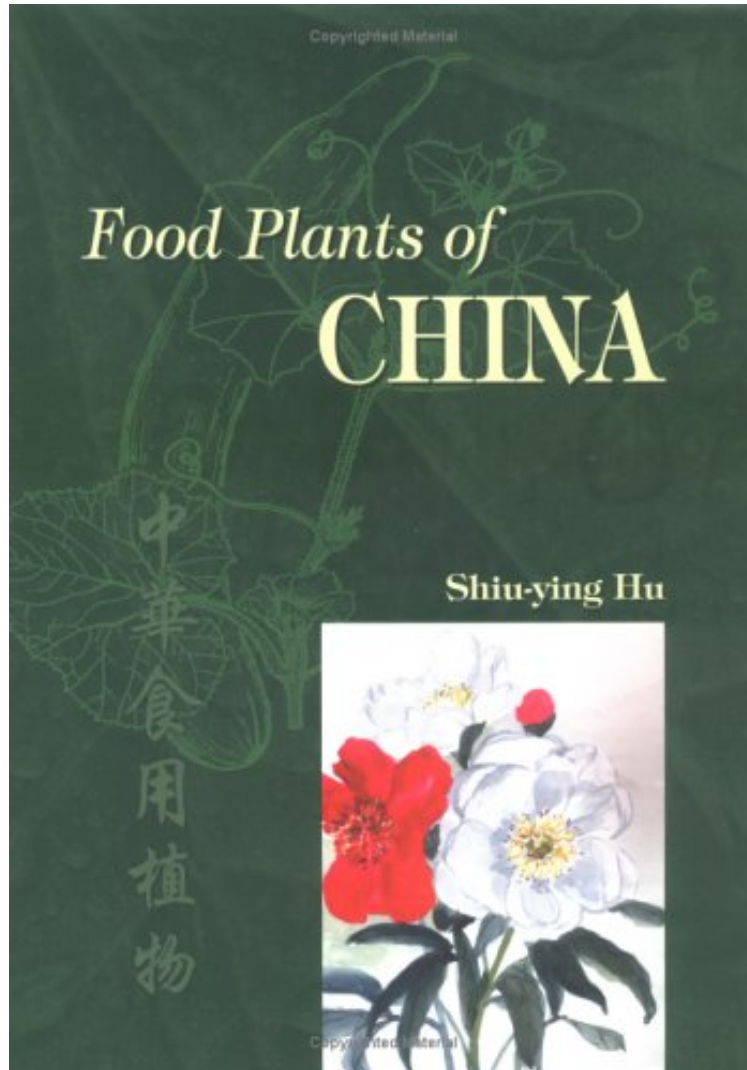


Food Plants of China

Shiu-ying Hu

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Shiu-ying Hu : Food Plants of China before purchasing it in order to gage whether or not it would be worth my time, and all praised Food Plants of China:

1 of 1 people found the following review helpful. Hidden Gem By richard Schelin This is an invaluable book which is like a hidden gem, especially for Traditional Chinese Medicine students and practitioners as well as Botanists. This incredible piece of work by Native Chinese Botanist who has been working on this for many years shares the deeper meaning of how plants and medicine co-mingle in the Chinese Culture. She really deserves great credit for making the bridge happen and she shares here wonderful culinary expertise as well. A must Have!!! 16 of 17 people found the following review helpful. Great new reference work By E. N. Anderson If the average fine book gets five stars, this

should get at least 50. Many of us have been waiting for decades, with little hope, for a real ethnobotany of China. This book fulfills our dreams, at least as far as food plants go--and Dr. Hu has already done a book on medical plants. The present book gives botanical accounts of hundreds of plants, many of them obscure--in fact, many are here reported as food plants for the first time. It also gives brief accounts of uses, and of major varieties of cultivated plants. Hu also gives a long section on bupin--supplements, plants with tonic and strengthening action in traditional Chinese medicine. This study alone could be a blockbuster book in its own right. Bupin plants were almost unknown before in the English-language literature, except for references--cryptic to the nonexpert, and botanically unsatisfying to the expert--in Chinese herbal medicine books. The book gives dozens of excellent recipes, mostly for using the bupin. I can testify that they are authentic and well done. Some of the results taste like medicine, but most are wonderful teas or soups. Even this book cannot give all the food plants of China! I am aware of several more, most (but not all) obscure frontier items. However, this book covers everything of much significance. Mistakes are few, except for typos, of which there are far too many for a major university press (shame on Harvard). The only substantive mistake that will confuse anyone is the use of the terms "Chinese gin" or "rice gin" to refer to "jiou," Chinese alcoholic drinks. Gin is grain neutral spirits flavored with juniper, and does not exist in China except as an expensive import from the western world. Jiou can be "Chinese wine" (technically a still ale made from grain--rice or millets-- with various inoculants) or distilled liquor, known by such terms as maotai and sanshu, and technically a whiskey or vodka--it is usually made from sorghum, millet, or sweet potatoes. So we are left not knowing what sort of liquor Hu means. All we know is that it isn't gin. (In most of the bupin cases I've run into personally, it's distilled grain alcohol, basically a sort of whiskey.) When you make the recipes in the book, be sure to use Chinese "wine" when she says "sherry" and Chinese distilled jiou (maotai or the like) when she says "gin." Everyone interested seriously in Chinese food or botany needs this book.0 of 0 people found the following review helpful. Great for Chinese foodies and TCM practitionersBy Kim WallisExtraordinary well written book with lots of hard to find information about rare and not so rare plants of China. Even has some recipes that can't be found outside the country.

This illustrated encyclopedia of the edible plants of China describes the cultural aspects of Chinese food plants; the spread Chinese culinary culture to the outside world; how botanical information was acquired; how these foodstuffs are produced, preserved, and prepared; what lessons can be learned from Chinese practices; and the botanical identification of the plant kingdom for the esculents used in China as food and beverage.

About the AuthorHu Shiu-ying is one of the most distinguished research scientists in the field of plant taxonomy.