

# Booklist

Advanced Review – Uncorrected Proof

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## **Vegetarian Chinese Soul Food: Deliciously Doable Ways to Cook Greens, Tofu, and Other Plant-Based Ingredients.**

By Hsiao-Ching Chou

Jan. 2021. 272p. illus. Sasquatch, \$27 (9781632173331); e-book, \$13.99 (9781632173348). 641.5

Vegetarian cooking has deep roots in Chinese cuisine, not only because of Buddhist influences. Generally much more affordable than meats and seafood for consumers both here and in China, vegetables of every sort overflow in Chinese marketplaces. Chou (*Chinese Soul Food*, 2018) follows on her earlier cookbook, re-creating many of those same popular recipes without their animal-based components and without sacrificing satisfying flavors and textures. For snackers, she offers vegetarian riffs on dumplings and dim-sum favorites, even currently faddish soup dumplings. For cooks who must satisfy both vegans and carnivores, Chou explains how to successfully add meats to stir-fries. She resurrects the Chinese American invention of egg foo yong, giving it a fresh look and taste. For a truly fusion preparation, Chou invents ma la succotash with fragrant Sichuan peppercorns for that unique tongue-numbing sensation. Most ingredients may be readily sourced for American home cooks. Color photographs make every dish look artfully attractive. A glossary helps the uninitiated become familiar with Chinese products.

— *Mark Knoblauch*