



# My China: A Feast for All the Senses

*Kylie Kwong*

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# My China: A Feast for All the Senses

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## **My China: A Feast for All the Senses** Kylie Kwong

An extraordinary, intimate tour through the rich food and culture of China and Tibet, told through lavish photography, stories, and recipes.

*My China* is a sweeping culinary travelogue through modern-day China and Tibet. Here, Kylie Kwong, renowned chef and author of *Simple Chinese Cooking*, journeys to ten cities and provinces, beginning in the Toishan district, the home of her own ancestors. Along the way, she meets and cooks with an array of spirited locals and samples a range of wonderful regional meals and tastes—from the haute cuisine of glamorous Shanghai restaurants to the simple bowls of noodles and pickles at the wooden stalls of Lhasa, and the altogether different and intense spicy heat of traditional Sichuan dishes. With a chef's passion for new flavors, Kwong discovers authentic recipes and traditional techniques and adapts them to eighty new recipes that readers can make simply at home.

A rich collection of stories, recipes, and beautiful photographs, *My China* will transport readers to the sights, smells, and flavors of a world that inspires. It is an intimate, captivating look at modern China and all its treasures, and the perfect gift for the holidays for any armchair traveler.

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