



A Tradition of Soup: Flavors from China's Pearl River Delta

By Teresa M. Chen

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Through recipes that use time-honored medicinal ingredients, *A Tradition of Soup* provides a fascinating narrative of the Southern Chinese immigrants who came to the United States in large numbers during the last half century, the struggles they faced and overcame, and the soups they used to heal and nourish their bodies.

Following the Chinese approach to health, Teresa Chen, who was born into a family of food connoisseurs and raised by a gourmet cook, groups the recipes by seasons and health concerns according to Cantonese taxonomy: *tong* (simple broths, soups, and stews), *geng* (thickened soups), *juk* (rice soups or porridges), and *tong shui* (sweet soups), as well as noodle soups, wonton and dumpling soups, and vegetable soups. Also focusing on *dahn* (steaming) and *louhfo* (slow-cooking) soups associated with good health, the book features fresh, natural, and seasonal food. *A Tradition of Soup* highlights recipes that serve a wide range of purposes, from gaining or shedding weight to healing acne and preventing wrinkles. While some ingredients may seem foreign to Western readers, most are available in Chinese grocery stores.

To help readers identify and procure these items, Chen provides a beautifully photographed ingredients glossary complete with Chinese names, pronunciation, and detailed descriptions.

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Editorial Review

Review

“For soup enthusiasts like me, this book is simply invaluable.”

—From the foreword by Martin Yan, bestselling author and host of *Yan Can Cook*

“[Teresa Chen’s] new book, *A Tradition of Soup: Flavors from China’s Pearl River Delta*, a collection of 144 recipes from southern China, is the result of years invested in health education...The recipes, intermingled with information about southern Chinese culture, traditional medicine, and immigration history, are grouped by seasons and health concerns, including gaining and losing weight, getting rid of acne, and preventing wrinkles.”

—*Harvard Magazine*

“Chen lays out the basics of nearly the whole of Chinese gastronomy...[she] has made it safe for me to walk into any Chinese pharmacopeia and conduct myself well.”

—Olivia Wu, *The Art of Eating Magazine*

“I’ve often wondered why our family had so humble a name: Hong (meaning soup). Thanks to Teresa Chen, I now understand that soup has as long and powerful a tradition as tea. Soup is a healing medicine, and soup sustains and extends life. Soup has its myths and stories. And soup made its way from China to America, from the Pearl River Delta to the San Joaquin Delta, in the cookery of immigrants such as my mother.”

—Maxine Hong Kingston, author of the award-winning *The Woman Warrior* and recipient of the 2008 National Books Awards’ Medal for Distinguished Contribution to American Letters

“While there are dozens of superb cookbooks that translate Cantonese cooking for Americans, none take Teresa Chen’s expansive medicinal approach to food. I recommend this book not only to those interested in health, but also to those who want to discover a whole new and thoroughly fascinating branch of Chinese cuisine.”

—Ken Albala, professor of history at University of the Pacific and award-winning author of *Beans: A History*

“*A Tradition of Soup* is a treasure chest of Cantonese soup recipes generously garnished with cultural gems, ancient wisdom, beautiful pictures, and lucid prose.”

—Brian Chee C. Loh, OMD, LAc, president of the American Institute of Chinese Medicine and the Association of World Traditional Medicine

“Unlike many Asian cookbooks, [Chen] doesn't include easily-found substitutes available in all grocery stores. Rather, arguing that traditional ingredients are now relatively easy to find or order through a website, she presents classic recipes using traditional ingredients.”

—Lindsay McSweeney, Suite101.com

“*A Tradition of Soup* focuses on the place of soup in Cantonese cuisine, specifically around the rich and fertile Pearl River Delta in China, and what might be called its sister culture in Sacramento-San Joaquin Delta in California, where so many Chinese immigrants ended up after fleeing war, repression or famine in their own country.”

—*BiblioBuffet*

“Much more than a cookbook, *A Tradition of Soup* introduces us to TCM nutritional theory, the historical connections between the Pearl River Delta and the San Joaquin Delta, and the stories of the Cantonese immigrants who brought the culinary treasures from their homeland to the United States. ... *A Tradition of Soup* presents the idea that soup, and food in general, are key components of building wellness and preventing disease. ... In looking through the mouthwatering [recipe chapter], one cannot help but wonder when we can start cooking!”

—*American College of Traditional Chinese Medicine Campus Forum*

“If you love soups, the recipes [in *A Tradition of Soup*] are a treasure trove. ... The book has classic cultural gems and great valuable and usable information. ... Do not know how we managed without it, but we do know that we recommend it without hesitation.”

—*Flavor & Fortune*

About the Author

Teresa M. Chen, PhD, and her husband, Yi-Po Anthony Wu, MD, founded Pacific Complementary Medicine Center in Stockton, California, in 1993. Dr. Chen oversees community outreach and health education, organizes seminars, conferences and workshops, leads breathing and Liu Tong exercise classes, lectures to college extension and community groups, and contributes articles about food, nutrition, exercise, and complementary medicine to publications such as APA (Asian Pacific American) News and Review and Connections, an alternative newspaper published by the Peace and Justice Network.

Named the Chinese Cultural Society of Stockton's 2007 Citizen of the Year, Dr. Chen has also served on the board of the United Way of San Joaquin and of Jene Wah, Inc., a Chinese multi-service and senior citizen center. She has developed and secured funding from San Joaquin County for an Asian Nutrition Lunch program and an acupuncture-based chemical-dependency treatment program. Raised in Hong Kong, Dr. Chen graduated from Radcliffe College and received her PhD in Linguistics from the University of Hawaii. Before settling in Stockton, she was a researcher at the University of California at Berkeley and taught at San Francisco State University.

Users Review

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Annie Boyd:

Why don't make it to become your habit? Right now, try to prepare your time to do the important action, like looking for your favorite publication and reading a e-book. Beside you can solve your condition; you can add your knowledge by the guide entitled *A Tradition of Soup: Flavors from China's Pearl River Delta*. Try to stumble through book *A Tradition of Soup: Flavors from China's Pearl River Delta* as your pal. It means that it can to be your friend when you feel alone and beside that of course make you smarter than in the past. Yeah, it is very fortunated to suit your needs. The book makes you more confidence because you can know everything by the book. So , we need to make new experience and also knowledge with this book.

Lucile Brown:

Nowadays reading books be than want or need but also get a life style. This reading routine give you lot of advantages. The benefits you got of course the knowledge the actual information inside the book which improve your knowledge and information. The knowledge you get based on what kind of publication you read, if you want send more knowledge just go with schooling books but if you want sense happy read one

with theme for entertaining such as comic or novel. The actual A Tradition of Soup: Flavors from China's Pearl River Delta is kind of publication which is giving the reader capricious experience.

Michael Becker:

Information is provisions for those to get better life, information presently can get by anyone at everywhere. The information can be a expertise or any news even restricted. What people must be consider whenever those information which is inside former life are difficult to be find than now's taking seriously which one works to believe or which one the actual resource are convinced. If you get the unstable resource then you get it as your main information there will be huge disadvantage for you. All those possibilities will not happen throughout you if you take A Tradition of Soup: Flavors from China's Pearl River Delta as your daily resource information.

Edward Roth:

Playing with family in the park, coming to see the water world or hanging out with friends is thing that usually you have done when you have spare time, then why you don't try point that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love A Tradition of Soup: Flavors from China's Pearl River Delta, it is possible to enjoy both. It is great combination right, you still would like to miss it? What kind of hang type is it? Oh can occur its mind hangout fellas. What? Still don't obtain it, oh come on its referred to as reading friends.

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