



The Bear and Fish Family Cookbook

Yabin Yu, Jialin Tian

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The Bear and Fish Family Cookbook breaks the traditional format of an ethnic cookbook, offering a refreshing and unique approach to conventional Asian cuisine. Written by two passionate foodies and professional engineers, this is a cookbook that defines its own genre. This collection contains more than 130 authors' family favorite recipes, ranging from Sous Vide Turkey roulade to Sautéed Clam with Shaohsing Wine Sauce; from Cantonese-style Moon Cake to Chocolate Truffles with Lychee Ganache. The book is divided into eleven chapters that include appetizers, soup, salads, eggs, poultry, meat, seafood, vegetables, rice and noodles, dessert and pastry, and basic recipes. The recipes emphasize simple, healthy, and elegant ethnic and fusion cuisine that are inspired by a mixture of different cultures and styles. You will learn the techniques to prepare classic Chinese favorites such as Sweet and Sour Pork, Pot Stickers, Ma Po Tofu, Tea Eggs, as well as fusion creations such as Sous Vide Moulard Duck Breasts with Five-Spice, Pan-Seared Diver Scallops with Orange and Passion Fruit Sauce, Braised Cauliflowers with Serrano Ham, and Mini Meyer Lemon Scones. The Bear and Fish Family Cookbook is an eclectic volume of memorable food, nostalgic tales, traditional versus contemporary techniques, and simple classics versus modern innovations. Simply put, this book is a compilation of the food that the authors love to eat and cook. Each recipe is accompanied by a beautifully photographed picture of the finished dish.

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