



Feeding the Dragon: A Culinary Travelogue Through China with Recipes

Nate Tate, Mary Kate Tate

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With little more than two backpacks, a camera, and a tarp, Mandarin-speaking American brother and sister Nate and Mary Kate Tate traveled more than 9,700 miles throughout China to share the country's inspiring culture and cuisine with kitchens in the West. What began as a travelblog (feedingthedragon.com) documenting the duo's journey has evolved into a visual narrative of food, culture, and travel inside *Feeding the Dragon*.

Arranged by the authors' travel itinerary to highlight the uniqueness of nine specific regions in China, *Feeding the Dragon* is part cookbook and part cultural travelogue, overflowing with sumptuous but easily prepared authentic dishes. From Buddhist vegetarian dishes enjoyed on the snowcapped mountains of Tibet to lamb kebabs served on the scorching desert of Xinjiang Province, one hundred recipes are presented alongside first-person narratives and travel photographs.

Western cooks will find healthy recipes brimming with authentic ingredients and flavors, such as Lychee Martini and Shanghai Soup Dumplings, Pineapple Rice, Coca-Cola Chicken Wings, Green Tea Shortbread Cookies, and Wild Mushroom Salad. *Feeding the Dragon* also provides handy reference sidebars to guide cooks with time-saving shortcuts such as buying premade dumpling wrappers instead of making them from scratch, or using a blow-dryer to finish your Peking Duck. A comprehensive glossary of Chinese ingredients and their equivalent substitutions complete the book. *Feeding the Dragon* is not an Americanized adulteration of classic Chinese cuisine. Instead, the Tates offer readers and cooks a beautiful journey through Chinese history, culture, tradition, and food.

"This is a heartwarming and often gripping tale of a brother-sister team who bike back roads, slog muddy fields, trudge across mountains, and navigate ancient alleyways to explore the kitchens and culinary soul of China. The recipes they gather from China's wonderfully hospitable people will tantalize your taste buds as Nate and Mary Kate's decade-long adventure inspires your sense of wanderlust." --James McGregor, author of *One Billion Customers: Lessons from the Front Lines of Doing Business in China*

"*Feeding the Dragon* is a stunning achievement; it's a foodie's Far East fantasy come true, with pictures and recipes to match." --Adam Roberts, creator of The Amateur Gourmet

"The Tate siblings are my kind of travelers, my kind of eaters, and my kind of cooks. In *Feeding the Dragon*, they have combined adventure travel, history, and culture to create a personal, fun, and interesting cookbook. The photos, recipes, and stories are all fabulous. I love this cookbook!" --Lisa See, author of *Snow Flower and the Secret Fan* and *Shanghai Girls*

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Margie Turner:

The particular book Feeding the Dragon: A Culinary Travelogue Through China with Recipes will bring you to definitely the new experience of reading a book. The author style to clarify the idea is very unique. In case you try to find new book you just read, this book very ideal to you. The book Feeding the Dragon: A Culinary Travelogue Through China with Recipes is much recommended to you to learn. You can also get the e-book from the official web site, so you can easier to read the book.

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Spent a free time for you to be fun activity to complete! A lot of people spent their down time with their family, or their friends. Usually they doing activity like watching television, likely to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Might be reading a book may be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to try look for book, may be the publication untitled Feeding the Dragon: A Culinary Travelogue Through China with Recipes can be very good book to read. May be it is usually best activity to you.

Karen Wilson:

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Diane Wilson:

That publication can make you to feel relax. This particular book Feeding the Dragon: A Culinary Travelogue Through China with Recipes was colourful and of course has pictures around. As we know that book Feeding the Dragon: A Culinary Travelogue Through China with Recipes has many kinds or category. Start from kids until teens. For example Naruto or Private investigator Conan you can read and think you are the character on there. Therefore not at all of book tend to be make you bored, any it offers up you feel happy, fun and loosen up. Try to choose the best book for you personally and try to like reading that will.

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