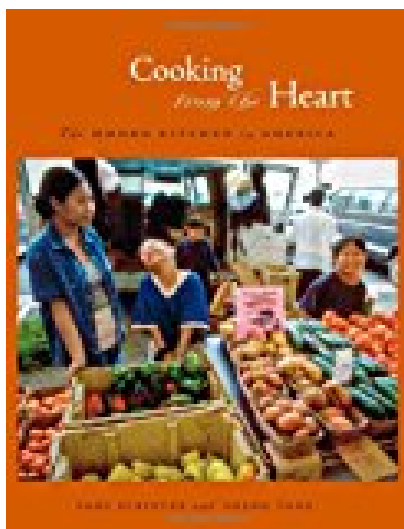


Cooking from the Heart The Hmong Kitchen in America



BOOK DETAILS

- Author : Sami Scriptor
- Pages : 248 Pages
- Publisher : Univ Of Minnesota Press
- Language : English
- ISBN : 0816653267



BOOK SYNOPSIS

Simple, earthy, fiery, and fresh, Hmong food is an exciting but still little-known South Asian cuisine. In traditional Hmong culture, dishes are created and replicated not by exact measurements but by taste and experimentation for every Hmong recipe, there are as many variations as there are Hmong cooks and often served to large, communal groups. Sami Scriptor and Sheng Yang have gathered more than 100 recipes, illustrated them with color photos of completed dishes, and provided descriptions of unusual ingredients and cooking techniques.

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