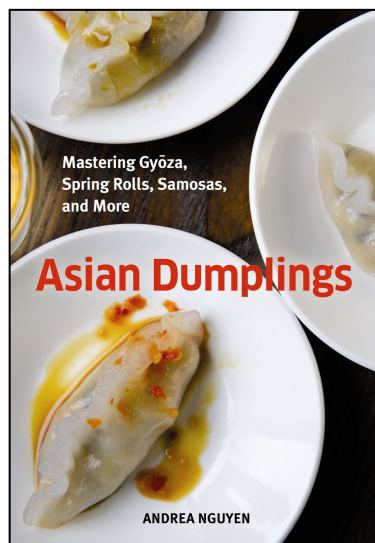


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ASIAN DUMPLINGS

Mastering Gyoza,
Spring Rolls, Samosas,
and More

Andrea Nguyen

Dumplings make people smile. At their core, they are fun, uncomplicated, wonderfully satisfying foods that can be enjoyed with a crowd or savored in solitude. They're reminders of good times—preparing them for family, noshing on them with friends, or queuing up for them with great anticipation. The individual dough morsels, diminutive pouches, and leaf-wrapped packages contain treasures that never fail to please the palate.

Plump pot stickers, spicy samosas, and tender *bao* (stuffed buns): whether wrapped or rolled, steamed or fried, Asian dumplings are surprisingly easy to prepare, as Andrea Nguyen demonstrates in *Asian Dumplings*. The first and only cookbook on making authentic versions of the most popular East Asian, Southeast Asian, and South Asian dumplings, including Chinese dim sum favorites, *Asian Dumplings* includes step-by-step recipes for more than 75 of Asia's most popular savory and sweet parcels, pockets, packages, and pastries. Some of the comforting and delicious recipes include:

- ❖ Spicy Potato Samosas
- ❖ Meat and Chinese Chive Pot Stickers
- ❖ Siu Mai Open-Faced Dumplings
- ❖ Filipino Chicken and Egg Buns
- ❖ Shrimp Rice Noodle Rolls
- ❖ Spiced Pineapple-Filled Pastries

Organized according to type (wheat pastas, skins, buns, and pastries; translucent wheat and tapioca preparations; legumes and tubers; sweet dumplings), *Asian Dumplings* also contains everything anyone needs to know about equipment and ingredients; techniques for shaping, filling, and cooking; plating and serving; and ordering in restaurants. The many line drawings demonstrate the finer points of shaping dumplings, and Andrea's instructive companion website, Asiandumplingtips.com, is full of additional assistance in the form of photos and video.

Andrea's first book, *Into the Vietnamese Kitchen*, demonstrated her unique ability to interpret Asian cooking styles for American cooks. In *Asian Dumplings*, she makes it easy to incorporate dumplings into a contemporary lifestyle by giving a thorough introduction to all the best techniques for shaping, filling, cooking, and serving all manner of rich, satisfying, inviting dumplings.

About the Author

ANDREA NGUYEN is a food writer and cooking teacher whose work appears in the *Los Angeles Times*, *San Jose Mercury News*, and *Saveur*, where she is also a contributing editor. Her first book, *Into the Vietnamese Kitchen*, was nominated for three James Beard and IACP cookbook awards. She lives in Santa Cruz, California. Visit www.vietworldkitchen.com and www.asiandumplingtips.com.

Asian Dumplings: Mastering Gyoza, Spring Rolls, Samosas, and More
Andrea Nguyen

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