

# See the World Through Food - Cooking with Love

Joan ConnectAcademy 1周前

## 1. Can you introduce yourself ?

Answer: Thank you Minji and happy to meet the Coffee Chat group. I learned to cook and appreciate good food through my friend and mentor Adrienne. (I am on the left and Adrienne is on the right).



She learned to cook from the French chefs who were creating a New Cuisine in France in the late 60's. She took private cooking lessons from Simca Beck who wrote the original 'Mastering the Art of French Cooking' with Julia Child.



Meryl Streep Amy Adams  
**Julie & Julia**

## 2. Tell us about your project 'Cooking with Adrienne'?

Answer: When Adrienne developed a type of dementia which would rob her of the ability to speak, write or communicate I desperately began compiling all the recipes and stories she shared with me over twenty years of cooking together. The website is <http://cookingwithadrienne.com/>. I published the book on Amazon because I realized that there was much more here than a compilation of recipes.



This was a way to approach food and cooking that was completely adaptable to whatever you had in the cupboard or fridge and could give you the skills to create authentic, great tasting dishes easily. The essence of the book and my cuisine is to experience the love and magic of cooking.

## 3. Can you use these recipes in China ?

Answer: Yes you are right that Chinese and Western kitchens differ but we have explored how easy it is to translate my French or Italian spiced recipes into Chinese spiced recipes. The key is the cooking method. Once you understand how to cook the main ingredient the spicing can be adapted. I think that once you have the confidence about how to cook you can adapt recipes to your own tastes or what is available in the local markets. Here is a recipe Minji tried from my blog which is a good one to try different spices and flavors because it is the cooking of the salmon which is the key: [Salmon Fillets with Mandarin and Ginger](#)



#### 4. Can you give an example?

Answer: The basis of Cooking with Adrienne is that all food is good food if prepared properly. Which means understanding how to cook a particular dish and then add the flavourings and spices that are to your taste. All recipes are adaptable!

Here is another recipe that Minji has translated, it is from the book, [‘Cooking with Adrienne’](#), and is easily adapted to what is available in the market or in your cupboard: Sweet and Sour chicken, using very simple ingredients.

## Sweet Sour Chicken

### Ingredients [用料]

- 8 (3-ounce) bone-in chicken thighs [鸡腿]
- 4 tablespoons unsalted butter [黄油]
- 1 tablespoon sunflower oil [菜油]
- 10 medium cloves garlic, unpeeled [蒜]
- 1 cup white wine vinegar [白醋]
- 2 fresh tomatoes [番茄]
- 200g passata [番茄酱]
- 2 cups Chicken Stock [鸡精]
- Freshly ground black pepper [胡椒粉]
- Flat-leaf parsley, chopped [香菜]

### Step 1 [步骤一]

In a large pan heat 1 tablespoon of the butter and the oil. Add the chicken pieces and cook, turning, until browned on both sides, 10 to 15 minutes. [在锅中放黄油和菜油，煎鸡腿10到15分钟]。

### Step 2 [步骤二]

Add the unpeeled garlic. Place a lid over the pan and continue cooking the thighs for about 20 minutes. [加入未剥皮大蒜，盖上锅盖，继续20分钟]。

### Step 3 [步骤三]

Remove the chicken pieces. Return the pan to the heat and deglaze with the vinegar. Add the chopped tomatoes and the passata. Over gentle heat for 5 to 10 minutes. [将鸡取出。在锅中浇上白醋。加入番茄和番茄酱。中火5到10分钟]。

### Step 4 [步骤四]

Add the chicken stock and reduce by half over medium-high heat, about 20 minutes. [加入鸡精，中火20分钟]。

### Step 5 [步骤五]

Taste and season with salt and pepper. Return the chicken to the sauce to warm briefly and sprinkle with the parsley. [以盐和胡椒调味。把鸡肉放回锅中和酱汁混合，撒上香菜]。



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## 5. Is cooking science or art?

Answer: I think that one of the most important things Adrienne taught me was to taste, taste and taste again. There is a bit of science in cooking but there is also a great deal of art!

I think you get this basic understanding by cooking in your own kitchen for family and friends. Just like your mom, the more you do it the better and more confident you become. Before you know it you are reaching for ingredients instinctively because you know what the dish is lacking!

## 6. Can you recommend some essential ingredients for Western cooking? As you know we use completely different ingredients in Chinese kitchens.

Answer: When you think about the basics of any kind of cooking you always need salt, fat and acid.

So, in my kitchen, I have a variety of different salts depending on how they will be used. All kinds of fat from butter, olive oil to rendered duck and pork fat. Also, vinegar is a key ingredient for every type of cooking. I use rice vinegar, red and white wine vinegar, balsamic and many other flavors.



## 7. Thank you, Joan for joining us and sharing your experiences of friendship and food. I hope you continue to enjoy the journey

Thank you all for your interest and kind comments and thank you again Minji for introducing me to your food savvy group!! I was not a foodie either until I met Adrienne! But now I can't resist learning everything I can about cooking and sourcing great ingredients!