

Ken Hom's Chinese Cookery

"The unrivalled, outspoken authority on Chinese cuisine." Independent

"The Chinese are obsessed by food. When we're not eating it, we're talking about it."

This series established Ken Hom, presenter of this instructive and entertaining series, as the Western authority on healthy, delicious and authentic Chinese cuisine. Here, with charm and charisma, he demystifies the art of Chinese cuisine for a Western audience. In fact, he has been so influential that 10% of British homes now own a Ken Hom wok.

In this series, he introduces the basic techniques of Chinese cookery and shows how to prepare some of the most popular Chinese dishes. Recipes range from simple blanched lettuce to the exotic Peking Duck, and there is also advice on finding and choosing the right ingredients, and equipment.

Each programme shows how to prepare three or four dishes, and how to assemble a simple but authentic meal. There is also specially shot location footage in Hong Kong, showing how the Chinese shop, cook and eat, as well as illustrating the cultural aspects of Chinese food.

Peking Duck

Ken prepares Peking Duck with all the trimmings, with footage of a banquet in a top Hong Kong restaurant.

Stir-Frying

The art of stir-frying begins with choosing a wok...

Vegetables

In the belief that Chinese expertise in cooking vegetables is inspired by the Buddhist–Taoist influence, Ken visits a Taoist temple in Hong Kong.

Noodles

A guide to the most common types of noodles and how to prepare them.

Meat

Ken takes a trip to a Hong Kong meat market, and finds out how soy sauce is made.

Rice

The fool-proof way of cooking perfect rice: the most popular accompaniment to meat, fish or vegetables in China.

Snacks

Dim Sum is the name for the extraordinary variety of traditional Chinese snacks. In the studio Ken shows how to prepare a selection; in Hong Kong, he joins his family for a special snack lunch in a restaurant.

Fish and Seafood

Ken prepares sweetcorn soup with crabmeat and steamed fish; and visits a fishing village in the New Territories.

Ken Hom is an internationally acclaimed teacher, consultant, broadcaster and writer on Chinese food. The book of this series is widely regarded in the West as the Bible of Chinese cooking.

Producer **Jenny Stevens**

Documentary

UK TX Date: 29/10/84

8 x 25 minutes

bbc.co.uk/food