



# **The Cultural Revolution Cookbook: Simple, Healthy Recipes from China's Countryside**

*Sasha Gong, Scott D. Seligman*

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In 1969, millions of Chinese teenagers were forced from their homes in the city in order to live and work in the countryside as part of China's Cultural Revolution. The work was backbreaking and rations were tight, but Sasha Gong has fond memories of learning to make simple, delicious country cooking. A collection of delectable, healthy, and easy-to-make Chinese recipes from the villages interspersed with a personal narrative and bits of historical context, this cookbook contains authentic Chinese dishes ranging from honey-braised duck to stir-fried rice made from ingredients found at local grocery stores. Chinese history buffs and foodies alike will enjoy discovering the integral connection between Chinese culture and food.

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