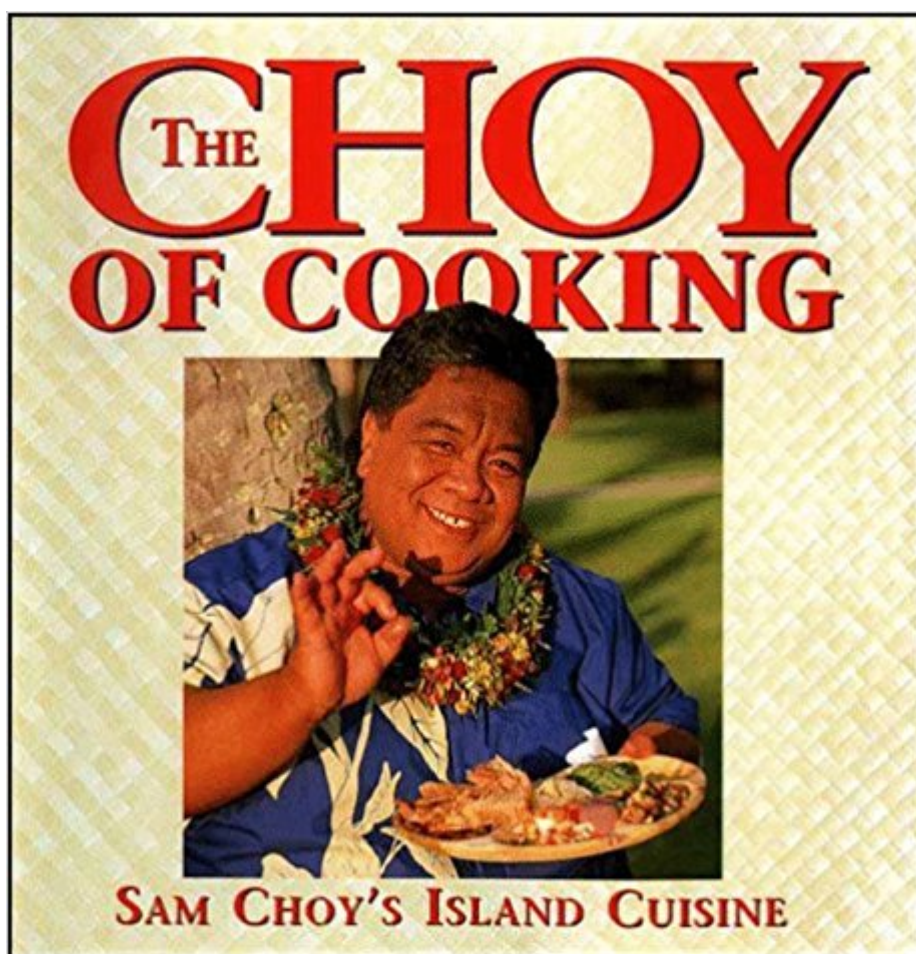


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# The Choy Of Cooking: Sam Choy's Island Cuisine



## Synopsis

A great cookbook.

## Book Information

Hardcover: 240 pages

Publisher: Mutual Publishing; 1st edition (November 1, 1996)

Language: English

ISBN-10: 1566471281

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Average Customer Review: 4.7 out of 5 stars 7 customer reviews

Best Sellers Rank: #1,073,031 in Books (See Top 100 in Books) #70 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Hawaii](#) #876 in [Books > Cookbooks, Food & Wine > Special Diet > Low Fat](#)

## Customer Reviews

A great cookbook.

I had this book and loaned it to a friend. Well....anyway, I had to replace it and thank goodness I could find it here on !! Love the recipes but especially love the mango salsa recipe and macadamia nut fish.

Great old style Hawaiian/Chinese recipes

I ordered this book after having one of the best meals of my life at Sam Choy's restaurant in Honolulu. The very day that I got the book in the mail, I had made Asian Fajitas that had my wife praising my cooking skills. I mention the Asian Fajitas because it is a good example of what sets this book apart from others. Hawaii, situated halfway between East and West, surrounded by ocean, is the backdrop for exciting new recipes that will leave your family and friends impressed. I highly recommend this book. It is well worth both the price and the 2 week special order wait!

Sam is the MAN when it comes to island cooking. Nice variety of dishes, clear instructions and great cultural and family side notes that really do prove that this cuisine is a "Choi"!

I love this cook book. I love Sam Choy's recipes. I have bought copies of this book for several friends and family members!

Back in March 1997, I met the author of this week's cookbook review. Sam Choy a Hawaiian native and down-to-earth chef is the author of *The Choy of Cooking* published by Mutual Publishing. Choy lives in Kona where he has one of his Sam Choy's Restaurant (others are in Tokyo, Honolulu and Oahu ). This the second book by this author who has many ties to the Philadelphia region. No expense has been spared for this cookbook, with full color pictures on almost every page and printed on a high gloss paper. When I met Sam, I had a few minutes to talk to him and he truly loves what he does. During the dinner that he had prepared, I had an opportunity to sample three of the dishes from this book. Bella Mushroom Salad that featured Arugula and lettuce mounded high with roasted red pepper and scattered slices of Portobello mushrooms. Circling the salad was a dressing based on plum tomatoes and garlic. Topping the entire salad was fresh grated cheese. Then I tried a fabulous Ginger, Ginger Steamed Mussels. The mussels were tender and almost sweet. The juice had flavors of ginger, cilantro and onion giving the soup an almost lime twang, making this an outstanding dish. The last item was a dessert listed in the book as Macadamia Nut Dried Papaya Bread Pudding, a work of art offering a dense but mostly moist piece of bread pudding surrounded by a medley of pineapple and mango chunks as well as strawberry halves with whipped cream almost offering three separate desserts to create one masterpiece. Other items in the cookbook include: Summer 'Ahi (yellowfin tuna) Tartare, Wok Barbecue Shrimp with Pepper-Papaya-Pineapple Chutney, Crab and Shrimp Stuffed Shitake Mushrooms with BãfÂ©arnaise Sauce, Korean-Style Tako Poke, Bella Mushroom Salad, Gingered Scallops with Colorful Soba Noodles, Sesame Ginger Snap Peas, Pan-Fried Spicy Eggplant, Beef or Pork Lu'au Stew, Baked Whole Opakapaka with Coconut Milk, and Chocolate Macadamia Cream Cheese Pie. The Choy of Cooking truly is a joy to cook with. The recipes are marvelous and tasty bring some flavors that are designed to tempt the palate. In what appears to be an attempt to improve upon his first book, *Cooking from the Heart*, Sam Choy brought in a new co-writer and book designer while bringing back his incredible photographer and food stylist to create the well conceived and thought out cookbook. If you are into Oriental foods and want a unique cookbook on your shelf, this may be another one that you may want on that shelf

This is the best cook book I have ever used. It not only has many good tasting reciepts, but teaches

cooking techniques and fat reduction ideas. Everyone should own this one!!!

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