

THE KITCHEN PLAYBOOK

A-Game Recipes for Success



The Prologue

The following are a bunch of my past cooking notes. I started my career with pizza, then bakery, then franchise, then seafood house, then steak house, then hotel catering, I never lost interest in cooking. These are all Western food and I shy away from Chinese cuisine.

"Chinese cooking is not systematic"

"Chinese cooking has no recipes"

"Chinese chef would not teach people"

Then I got a chance and started looking into the structure of Chinese cooking and it is complicated to say the least, but they do have steps that can be followed.

Chinese cooking employs a lot of preparation and they demand fast cooking. Wok cooking is one of the fastest methods of cooking and it is through this style of cooking it can provide the best in color, fragrance, and good taste. Besides, Chinese cooking have some proper procedures the chefs follow in order to produce the standard.

I am not to the point of a chef but through the years of working with food, I enjoy so much to create a good dish and I am just inquisitive enough to find out the little tidbits that can enhance flavor.

We shall try to share this play ground with all of you who knows food, love to eat and who appreciates food.

"There is no bad food, just bad cooks" [I know I will get into trouble by saying this, but let me be humble, I do want to learn]

*Lastly, these few chapters of writing are dedicated to my teacher:
Mr. Anthony Ho*