



Feeding the Dragon: A Culinary Travelogue Through China with Recipes

Nate Tate, Mary Kate Tate

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With little more than two backpacks, a camera, and a tarp, Mandarin-speaking American brother and sister Nate and Mary Kate Tate traveled more than 9,700 miles throughout China to share the country's inspiring culture and cuisine with kitchens in the West. What began as a travelblog (feedingthedragon.com) documenting the duo's journey has evolved into a visual narrative of food, culture, and travel inside *Feeding the Dragon*.

Arranged by the authors' travel itinerary to highlight the uniqueness of nine specific regions in China, *Feeding the Dragon* is part cookbook and part cultural travelogue, overflowing with sumptuous but easily prepared authentic dishes. From Buddhist vegetarian dishes enjoyed on the snowcapped mountains of Tibet to lamb kebabs served on the scorching desert of Xinjiang Province, one hundred recipes are presented alongside first-person narratives and travel photographs.

Western cooks will find healthy recipes brimming with authentic ingredients and flavors, such as Lychee Martini and Shanghai Soup Dumplings, Pineapple Rice, Coca-Cola Chicken Wings, Green Tea Shortbread Cookies, and Wild Mushroom Salad. *Feeding the Dragon* also provides handy reference sidebars to guide cooks with time-saving shortcuts such as buying premade dumpling wrappers instead of making them from scratch, or using a blow-dryer to finish your Peking Duck. A comprehensive glossary of Chinese ingredients and their equivalent substitutions complete the book. *Feeding the Dragon* is not an Americanized adulteration of classic Chinese cuisine. Instead, the Tates offer readers and cooks a beautiful journey through Chinese history, culture, tradition, and food.

"This is a heartwarming and often gripping tale of a brother-sister team who bike back roads, slog muddy fields, trudge across mountains, and navigate ancient alleyways to explore the kitchens and culinary soul of China. The recipes they gather from China's wonderfully hospitable people will tantalize your taste buds as Nate and Mary Kate's decade-long adventure inspires your sense of wanderlust." --James McGregor, author of *One Billion Customers: Lessons from the Front Lines of Doing Business in China*

"*Feeding the Dragon* is a stunning achievement; it's a foodie's Far East fantasy come true, with pictures and recipes to match." --Adam Roberts, creator of The Amateur Gourmet

"The Tate siblings are my kind of travelers, my kind of eaters, and my kind of cooks. In *Feeding the Dragon*, they have combined adventure travel, history, and culture to create a personal, fun, and interesting cookbook. The photos, recipes, and stories are all fabulous. I love this cookbook!" --Lisa See, author of *Snow Flower and the Secret Fan* and *Shanghai Girls*

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