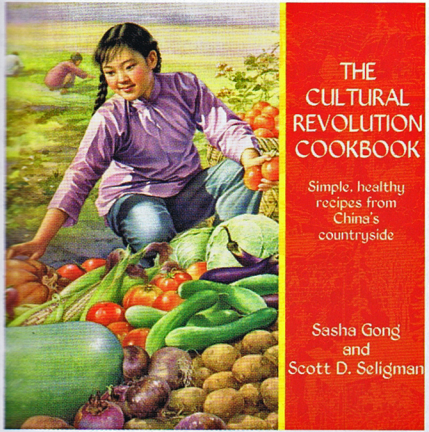

—COOKBOOK

REVOLUTIONARY RECIPES

The Cultural Revolution left China with many legacies, not least a deep psychological scar caused by a decade (1966–1976) of great social and political upheaval as millions were sent into the countryside to work the fields and the factories. But for authors Sasha Gong and Scott Seligman, it was also a period that created an invaluable tradition of simple, healthy recipes. Their beautifully illustrated **The Cultural Revolution Cookbook** (*earnshawbooks.com; US$24.95*) is a landmark publication whose easy-to-prepare dishes include classics like dry-fried green beans, duckling steamed with ginger, and beef braised with star anise. While the cookbook documents with an unflinching eye an unimaginably difficult time, its 80 recipes also reflect the indomitable spirit and ingenuity of everyday cooks—among them, Gong and her family—making do with very little. As the authors note in their preface, "Living in the countryside made many into frugal cooks who learned to get the best flavors out of low-calorie foods, devoid of chemical preservatives, fresh from the fields and ponds." It's a sentiment that has lost none of its relevance today. –DAVEN WU