

## >>> Bibliography <<<

### Books

#### - Open Sauces

Maja Kuzmanovic, Sara Engelen and Alkan Chipperfield, FoAM Brussels, 2009

#### - Chinese Foods

Liu Junru, Translated by William w. Wang, China Intercontinental Press, 2004

#### - Food Culture in China

Jacqueline M., Greenwood Press, 2004

#### - 中国饮食文化探源

姚伟钧, 广西人民出版社, 1989

#### - 文人饮食谈

范用, 新知三联书店, 2004

#### - In the Devil's Garden: A Sinful History of Forbidden Food

Stewart Lee Allen, Ballantine Books, 2003

### Going to read

#### - Tea and Chinese Culture

Ling Wang, 2005

#### - Tea: the drink that changed the world

Laura C. Martin, 2007

### Webpages:

<http://www.knowingfood.com/red/lovebean.html>

<http://legendsguide.com/478/the-red-beans-the-legend-of-the-love-beans>

<http://archive.supermarketguru.com/page.cfm/136>

[http://en.wikipedia.org/wiki/Jan\\_Švankmajer](http://en.wikipedia.org/wiki/Jan_Švankmajer)

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<http://zhongyi.panjk.com/201008/20100810247898.shtml>

<http://my.opera.com/Aprilsnow/blog/confucius>

#### Reference Videos:

Alexandre DUBOSC

<https://vimeo.com/11497879>

<https://vimeo.com/23854203>

<https://vimeo.com/18322039>

#### Seeds

<https://vimeo.com/10211823>

Jan Svankmajer

<http://www.youtube.com/watch?v=39j7bypVxL8>

[http://www.youtube.com/watch?v=BdfCOCiv\\_DU](http://www.youtube.com/watch?v=BdfCOCiv_DU)

#### Water color

<http://vimeo.com/26876856>

<http://vimeo.com/12548711>

<http://vimeo.com/11363064>

<http://vimeo.com/1321049>

#### Abstract universe

<http://vimeo.com/11462123>

IKEA, art of cooking

<http://vimeo.com/carlkleiner>

## >>> Notes and Quotes <<<

### **- Open Sauces**

Maja Kuzmanovic, Sara Engelen and Alkan Chipperfield, FoAM Brussels, 2009

An interesting book recommended by Dusan. It introduces many conceptual food design, offers clear and detailed recipes for each dish. Together with the recipes are stories, concepts and thoughts around this certain ingredient. It looks like a normal cooking book, but more about background information. Some dishes are very strange, not that eatable. But I do like the way they link food and contemporary culture, very open minded and inspiring.

"Food, culture and the environment - the three pillars of this book - have an intricate relationship "that extends back to the origin of humans as a social species. To survive, we eat; to eat, we feed the environment that feeds us - food is a product of the reciprocal connection to our ecological habitats.

Food however is so much more than just a biological fuel. As a communal lubricant, food is one of the oldest culture products, a symbol of hospitality and sharing. Over the entire planet, food rituals bring people together in gracious dances of giving and accepting, from simple family meals to festive banquets, from streetwise Gol Gappa balls to homemade wortelstoemp"

### **- Chinese Foods**

Liu Junru, Translated by William w. Wang, China Intercontinental Press, 2004

The book is a general and comprehensive introduction of Chinese food and its culture, very helpful to build a knowledge foundation for my project.

"If we saw that the goal of eating and drinking is to improve health, then the number one

important element in food would be nutrition, demonstrating a scientific practicality. The Chinese focus on color, fragrance, taste and form in food, looking for refinement in food vessels and elegance of dining environment, demonstrating an artistic spirit. Hence ever since long ago, the Chinese advocated the philosophy of "five tastes in harmony". The Chinese invented ways to adjust blended ingredients and spices for a wide variety of tastes.

...

Five taste in harmony, with flavor as the top priority, bringing direct pleasure to the tongue. At the same time, it is a good health-protecting and body-regulating method. Chinese traditional medicine theories state that pungency can regulate bodily fluids, blood and qi, and can be used to treat bone and muscle pain from coldness, kidney problems and so on.

...

All in all, the so-called "five tastes in harmony" should include the following three tiers of meaning. Firstly, every dish must have its own unique flavor. But on the table, different courses should have different flavors to complement one another, so as to give a balanced feel overall. Secondly, adjusting the thickness of flavor is very important. Seasonings must all be able to perform, so that the resulting flavor is ever changing from dish to dish. Thirdly, when eating, one cannot be inclined to eat excessively only the food with one particular taste and ignore the others. "Harmony" is the essence of Chinese philosophy, having multiple meanings such as "harmonious", "peace" and "unison". Harmony is also the highest transcendence of Chinese culinary arts. "Five tastes in harmony" is a reflection of the Chinese's pursuit of moderation, equilibrium, and balance, respecting the forces of nature."

### **- Food Culture in China**

Jacqueline M., Greenwood Press, 2004

Just like the book above, a overview of Chinese history and food culture. It has a more detailed historical introduction to trace the roots and origins of food culture.

"The Chinese respect all food, be it fan or cai, and care for and about it. They speak about it

at meals, offer it to guests day and night, and do not waste a morsel of it. Fan, their word for rice and other grains, also means meal. It is used in the common greeting of chifan to say hello, even though it literally means "Have you eaten?"

Chinese food, the world's longest uninterrupted food culture, garners great respect the world over. More people say that it is the best-tasting food in the world because it has the three needed requirements: geographic variety and use of all manner of food, a long-established elite, and very well-developed culinary practices."

"The Chinese have always believed that food and medicine are one, both providers of nutrition and health. They pay particular attention to the right foods and see them as not only ensuring good health but also prolonging life. Their appetite for good food seems part of their nature, perhaps traced to much starvation and marginal living. They use philosophic opposing forces to maintain balance, harmony, and good health, dividing almost all foods and health conditions into two forces, yin and yang. These forces permeate every aspect of their culture, and Chinese physicians treat illness as an imbalance between these forces."

#### - 中国饮食文化探源

姚伟钧，广西人民出版社，1989

This is an old textbook, very theoretical, boring and dry. Because it is for education, all the texts are rigorous and scientific. I cannot enjoy reading it, only for searching particular information. I use it as a dictionary.

#### - 文人饮食谈

范用，新知三联书店，2004

A collective of essays written by many famous Chinese contemporary writers. Those short

articles are very different, some are personal stories about food from hometown, others are interesting understanding of regional food culture. Since very early time, food and literature have been linked together. The literati love eating and drinking together, talk about their favorite dishes and related memories. From this book I learned food culture through their personal view, and enjoy their different writing style. It is not so important for my essay, but still nice to read.

“不但活着要吃，死了仍要吃。他民族的鬼，只要香花就满足了；而中国的鬼，仍依旧非吃不可。... 不但人要吃，鬼要吃，神也要吃，甚至连没嘴巴的山川也要吃，天地也要吃。有的但吃猪头，有的要吃全猪，有的是专吃羊的，有的专吃牛的，各有各的胃口，各有各的嗜好，古典中大都详有规定，一查就可知道。较之于他民族的对神只做礼拜，他民族的神，似是唯心，中国的神似是唯物，似乎都是主张马克思学说的。”

———夏丐尊

“你们吃什么？常常会有人提出这样的问题。我们答之，凡是地球上能吃的东西我们都吃。”

“如果说还有什么事情要我们认真对待，那个，这样的事情既不是宗教也不是学识，而是“吃”。我们公开宣称“吃”是人生为数不多的享受之一。这个态度问题是至关重要的，因为除非我们老实实在地对待这个问题，否则我们永远也不可能把吃喝烹调提高到艺术的境界上来。” ———林语堂

“中国有一件事最足以表示合作精神的，就是吃饭。... 西洋人每人一盘菜，吃剩下来就是暴殄天物；咱们中国人，10人一盘菜，你不爱吃的却是我所喜欢的，互相调剂，各得其所。” ———王力

- In the Devil's Garden: A Sinful History of Forbidden Food

Stewart Lee Allen, Ballantine Books, 2003

The most interesting food book I've read, categorized world-wide food stories in Seven Sins. Foods are just plants and animals, but people have been taking too much thoughts on them, make them hateful and forbidden. It's unfair to the innocent food, but it's a part of culture. Through the book, I learned different culture, politics, religious and thinking ways. There are also interesting recipes in the end of the food story.