

# FACING HEAVEN

## WELCOME TO SICHUAN CUISINE

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### Facing heaven

Erik Videgård

144 pp

“My first meeting with food from Sichuan was liberating. I suddenly realised. This is what Chinese food can taste like! A firework display for your taste buds. Tastes and aromas that I didn’t know existed. In my case, I became so inspired that the result was a restaurant of my own that was open for three years. The guests from that restaurant miss the food so much that now I invite some of them to my home once a month. One has a duty to one’s guests!”

*F*acing Heaven – Welcome to Sichuan cuisine is a book for those who haven’t made Sichuan food before. A path into a world of tastes and experiences. The tickling taste of Sichuan pepper in Manna Chen’s tofu or the black fermented beans – full of umami – in twice-in-the-pot-pork, the brutal heat in red fish with chilli and the mysterious taste in a bang-bang chicken.



### About the author:

**Erik Videgård** started in the restaurant industry in 1984 and has since then had every title in the profession. He has worked at twenty or so restaurants and been a part-owner of about half of those. His gastronomic journey in Sichuan cuisine began around 2000, and since then he has continued to read, learn, cook and create his own interpretations.



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