

<b>The Potato: A World-saving Treasure (Preface)</b>	<b>21</b>
<b>The Biology of the Potato</b>	<b>26</b>
Potato morphology	27
The potato's nutrition value	33
Special nutritional and medicine functions of potatoes	37
<b>Chinese Potato Recipes</b>	<b>42</b>
<b>Potato Recipes from Northeast China</b>	<b>45</b>
Braised potato with goose (Da E Men Tudou)	47
Cooked potato chips (Peng Tudou Pian)	48
Flavored mashed potatoes (Fengwei Tudou Ni)	49
Fried lichen and potato chips (Dipi Tudou Pian)	50
Fried potato cake I (Jian Tudou Bing)	51
Fried potato chips with green pepper (Chao Tudou Pian Qingjiao)	52
Fried potato chips with spicy cabbage (La Baicai Chao Tudou Pian)	53
Fried potato strips with garlic bolt (Zha Tudou Tiao Chao Suantai)	54
Fried shredded potato (Suchao Tudou Si)	55
Golden fried potato balls (Zha Huangjin Tudou Qiu)	56
Mashed potatoes with sauce (Jiaozhi Tudou Ni)	57

Mixed shredded potatoes (Ban Tudou Song)	58
Potato and cabbage soup (Hongcai Tang)	59
Potato balls (Tudou Li Wanzi)	60
Potato cake I (Tudou Bing I)	61
Potato salad with green vegetables (Qingcai Tudou Shala)	62
Seasoned potato strings and noodles (Qiang Tudou Si, Fensi)	63
Shredded potato and bean salad (San Si Bao Dou)	64
Steamed potato and eggplant served with soy sauce (Nongjia Dajiang Zheng Tudou Qiezi)	65
Stewed potato chips with goose (Tudou Gan Dun Da E)	66
Stewed potatoes with cowpeas (Tudou dun Doujiao)	67
Stewed potatoes with curry chicken (Tudou Dun Gali Ji Kuai)	68
Stewed potatoes with eggplant in thick sauce (Tudou Jiang Dun Qiezi)	69
Stewed potatoes with yellow sturgeon (Xunhuangyu Men Tudou)	70
Stewed small potatoes I (Youmen Xiao Tudou I)	71
Stir-fried potato, green pepper and eggplant (Di Sanxian)	73
<b>Potato Recipes from North China</b>	<b>75</b>
Bag-shaped oat potato pie (Malingshu Tuntun)	77
Baked potato cake (Lao Malingshu Yangzi)	78
Black soy sauce potatoes (Jiangyou Malingshu Tiao)	79
Braised beef with potato (Malingshu Shao Niurou)	80
Braised potato pieces (Hongshao Shukuai)	81
Braised potato, cabbage and tofu (Malingshu Baicai Tofu)	82

Braised potatoes (Malingshu Dahuicai)	83
Braised potatoes and cabbage (Malingshu Baicai Hui Fenkuai)	84
Braised potatoes and tofu with spareribs (Malingshu tofu Dun Paigu)	85
Braised potatoes with cowpeas and spareribs (Malingshu Doujiao Dun Paigu)	86
Braised potatoes with fish-shaped oat noodles (Malingshu Hui Youmian Yu)	87
Braised sheep entrails with noodles (Guozai Fentiao Yangza)	88
Braised side pork and rape with potatoes (Wuhuarou Youcai Hui Malingshu)	89
Braised sirloin with potatoes (Malingshu Dun Niunan)	90
Braised small potato balls with oxtail (Xiao Tudou Shao Niuweì)	91
Camel palm encircled with shredded potato (Tuozhang Tudou Si)	92
Chinese chess fun (Qi Qu)	93
Cold potato strings in oil, vinegar and spices (Liangban Malingshu Si)	94
Countryside tricolor potatoes (Nongjia Tianyuan Sansè)	95
Deep-fried potato doughnuts (Youzha Malingshu Guozì)	96
Deep-fried potato strips with tomato sauce (Mizhi Shasi Tudou Tiao)	97
Drunk potato (Zuijiu Malingshu)	98
Egg, shredded bottle gourd and potato cake (Jidan Hulusi Malingshu Bing)	99
Elegant taste (Ya Qu)	100
Fish-shaped potato (Malingshu Yu)	101
Fish-shaped potato with fried pork fillet (Guoyourou Malingshu Yu)	102
Fish-shaped potato-oat flour noodles (Tudou Yuzi)	103
Flavored potato balls (Fengwei Tudou Qiu)	104

Fried chicken-flavored potato (Youzha Malingshu)	105
Fried Chinese sauerkraut and noodles (Suancai Chao Fentiao)	106
Fried Chinese sauerkraut and potato chips (Suancai Malingshu Tiao)	107
Fried Chinese sauerkraut and potato slices (Suancai Malingshu Ni)	108
Fried mashed potatoes, carrots and mushrooms (Jinsha Fengguang)	109
Fried potato balls (Youzha Malingshu Wanzi)	110
Fried potato cake II (Xiangjian Tudou Bing I)	111
Fried potato slices I (Youzha Malingshu Pian)	112
Fried potato strings (Youzha Malingshu Si)	113
Fried potato strings with pickled celery cabbage and mutton fat (Yangyou Suancai Malingshu Si)	114
Fried potato strips coated with sugar (Liuli Shutiao)	115
Fried potato strips with chili (Ganbian Tudou Tiao)	116
Fried potato strips with pork (Youbailuo Chao Malingshu Tiao)	117
Fried potatoes with egg (Tudou Jian Dan)	118
Fried potatoes with soybean sprouts (Tudou Chao Huangdou Ya)	119
Fried shredded potato cake I (Xiang Jian Tudou Pai)	120
Fried shredded potato with Chinese chives and egg (served with cake) (Malingshu Si Jiucan Jidan Dai Bing)	121
Fried side pork with potato (Wuhuarou Jian Malingshu)	122
Handmade noodles with potatoes in an earthen pot (Shaguo Malingshu Shouganmian)	123
Hotpot potato pieces (Malingshu Huoguo Pian)	124
Hunyuan cold potato jelly (Hunyuan Liangfen)	125

Mashed garlic scallop with potato noodles (Suanrong Fensi Zheng Shanbei)	126
Min Bagu (Min Bagu)	127
Mini embroidered potato balls (Mini Xiuqiu Wan)	128
Noodles with potato and spinach (Malingshu Bocai Gangsimian)	129
Oat dumplings with potato filling (Malingshu Youmian Jiaozi)	130
Oat flour-wrapped shredded potato (Youmian Tuntun)	131
Pepper oil-flavored shredded potato (Jiaoyou Tudou Si)	132
Pickled Chinese cabbage with mashed potatoes (Suancai Tudou Ni)	133
Potato and millet porridge (Qiangguo Malingshu Xifan)	134
Potato and oat pancake (Tudou Bing II)	135
Potato cake II (Malingshu Bing)	136
Potato chips with fried pork fillet (Guoyourou Malingshu Pian)	137
Potato egg cake with sesame seeds (Malingshu Jidan Zhima Bing)	138
Potato Kuilei (Tudou Kuilei)	139
Potato lambsquarter goosefoot salad in vinegar sauce (Malingshu Ban Huicai)	140
Potato noodles mixed with sauce (Jiachang Ban Fen)	141
Potato noodles with needle mushrooms (Malingshu Fensi Jinzhengu)	142
Potato pie (Malingshu Gao)	143
Potato pot-stickers (Malingshu Guotie)	144
Potato strings with lichen (Dipicai Malingshu Si)	145
Potato strips with Japanese rhoeo (Wannianqing malingshu Tiao)	146
Potato-oat flour made fishlike noodles (Xiangjian Tudou Roujuan)	147

Roasted potato (Kao Malingshu)	148
Roasted potato slices (Kao Malingshu Pian)	149
Shredded potato and wild vegetables in vinegar and spices (Malingshu Si Ban Yan Kucai)	150
Shredded potato with sow thistle (Malingshu Si Ban Kucai)	151
Silver boat carries the valuables (Yinzhou Zaibao)	152
Soft-shell turtle encircled with small potatoes (Xiao Tudou Jiayu)	153
Spareribs with Chinese sauerkraut and mashed potatoes (Paigu Suancai Malingshu Ni)	154
Spicy diced potatoes I (Xiangla Malingshu Ding)	155
Spicy shredded potatoes (Xiangla Tudou Si)	156
Steamed abalone-shaped potato pie (Su Bao Pai Fan)	157
Steamed buns with potato and Chinese chive filling (Tudou Jiucan Baozi)	158
Steamed dumplings (Zheng Jiao)	159
Steamed fish-shaped oat noodles (Youmian zheng Yu)	160
Steamed fish-shaped potatoes with Chinese sauerkraut (Suancai Malingshu Yu)	161
Steamed oat rolls with potato and eggplant (Malingshu Men Qiezi)	162
Steamed potato balls (Tudou Wanzi)	163
Steamed potato cake (Zheng Malingshu Yangzi)	164
Steamed potatoes and pork balls (Jing Wan Wan)	165
Steamed potatoes I (Zheng Malingshu)	166
Stewed chicken with potato (Malingshu Dun Xiaoji)	167
Stewed chicken with potato and tofu (Malingshu Tofu Dun Jiaji)	168
Stewed pork bones with potato and squash (Malingshu Wogua Dun Gutou)	169

Stewed pork ribs with potato and squash (Malingshu Wogua Dun Paigu)	170
Stewed potatoes with chicken (Xiaoji Dun Tudou)	171
Stewed potatoes with eggplant (Malingshu Men Qiezi)	172
Stewed potatoes with pumpkin I (Malingshu Dun Wogua)	173
Stewed spareribs with potato and frozen tofu (Malingshu Paigu Dong Tofu)	174
Stir-fried knife-sliced noodles with potato chips and fried pork fillet (Guoyourou Malingshu Pian Chao Daoxiaomian)	175
Stir-fried mashed potatoes (Chao Malingshu Kuailei)	176
Stir-fried potato strips and shredded carrot (Malingshu Tiao Chao Huluobo Si)	177
Swan playing with water (Tian E Xishui)	178
Tired bird returns to the nest (Juan Niao Gui Chao)	179
Tofu soup with potato and cabbage (Malingshu Baicai Tofu Tang)	180
Translucent dumplings (Boli Jiaozi)	181
Tricolor mashed potatoes (Sanse Tudou Ni)	183
<b>Potato Recipes from Northwest China</b>	<b>185</b>
Baked potatoes (Kao Tudou)	187
Baked potato cake with red bean filling (Tudou Dousha Bing)	188
Black beauty potato slices (Hei Meiren Yangyu)	189
Braised assorted dishes, Yulin style (Yu Lin Da Huicai)	190
Braised chicken with potato and green pepper (Da Pan Ji)	191
Braised potatoes with mutton rack (Tudou Wei Yangpai)	192
Braised potatoes with pumpkin (Dun Nangua Tudou)	193

Braised spareribs with potatoes (Tudou Dun Paigu)	194
Braised tofu with pakchoi (Xiao Baicai Hui Tofu)	195
Crisp potato balls coated with sugar (Yinzhuang Suguo)	196
Crystal mashed potato roll (Yuni Shuijing Juan)	197
Cucumber with potato noodles (Huanggua Fenpi)	198
Dark steamed potato balls (Heilengleng)	199
Deep-fried potato balls covered in sesame seeds (Tudou Matuan)	200
Dongxiang county potato chips (Dongxiang Tudou Pian)	201
Fried meatballs (Zha Ge Wanzi)	202
Fried pork liver with potato (Zhugan Tudou Tiao)	203
Fried pork slices with potato (Tudou Chao Rou Pian)	204
Fried potato cake III (Tudou Jianbing)	205
Fried shredded potato cake II (Tudou Tanbing III)	206
Fried shredded potatoes with vinegar (Culiu Yangyu Si)	207
Fried stick-shaped mutton-potato mash (Tu Yang Jiehe Bang)	208
Fried tofu and potatoes with green and red Pepper (Jin Yu Man Tang)	209
Golden shredded potato nest (Jin Quechao)	210
Golden thread with lotus (Jinsi Wang Lian)	211
Goulash with potato (Tudou Shao Niurou)	212
Grape-shaped potato dish (Fengshou Putao)	213
Mashed potatoes with pakchoi (Hua Cai)	214
Pear-shaped potato (Xiang Sheng Li)	215

Potato and buckwheat pancakes (Malingshu Jianbing)	216
Potato and oat pancakes (Tudou Bing IV)	217
Potato and pumpkin sandwich (Baihua Tudou He)	218
Potato and shiitake mushroom cake (Tudou Xianggu Bing)	219
Potato bula (Yangyu Bula)	220
Potato cake III (Tudou Gao)	221
Potato chicken egg soup (Tudou Jidan Geng)	222
Potato noodles (Yangyu Mian)	223
Potato nut cake (Malingshu Ganguo Gao)	224
Potato salad (Tudou Shala)	225
Potato starch jelly (Malingshu Liangfen)	226
Potato-wrapped beef rolls (Tudou Niurou Juan)	227
Rolls with potato and beef filling (Tudou Niurou Bing)	228
San zha wu pin (San Zha Wu Pin)	229
Shredded potatoes with sweet and sour sauce (Yuxiang Tudou Si)	230
Soft potato cake (Yangyu Langao)	231
Steamed potato and lichen dumplings (Tudou Diruan Baozi)	232
Steamed potato flakes mixed with flour (Yangyu Caca)	233
Steamed potato jelly (Yangyu Jinjin)	234
Steamed potatoes II (Zheng Tudou)	235
Steamed potatoes with chicken (Tudou Zheng Ji)	236
Stewed potatoes (Men Tudou)	237

Stewed sheep entrails with potato noodles (Yu Lin Yang Zasui)	238
Stir-fried beef with potato noodles (Niurou Chao Fen)	239
Stir-fried pork with potato noodles (Zhurou Qiao Ban Fen)	240
Strawberry-filled mashed potato cake (Caomei Yuni Su)	241
Sweet fried potato chips (Huanying Tudou Pian)	242
Three kinds of stewed vegetable balls (Shao San Yuan)	243
Xinjiang chicken and potato dish (Xinjiang Da Pan Ji)	244
Yulin three fresh delicacies (Yulin Pin Sanxian)	245
<b>Potato Recipes from Southwest China</b>	<b>247</b>
Baked shredded potatoes (Gan Bei Yangyu Si)	249
Birds nest-shaped shredded potatoes (Niaochao Shu Si)	250
Braised potato balls with black soy sauce (Hongshao Tudouqiu)	251
Braised potatoes with duck (Tudou Huang Men Ya)	252
Braised potatoes with rice (Tudou Men Fan)	253
Braised side pork with potatoes in soy sauce (Tudou Hongshao Rou)	254
Charcoal-roasted potatoes (Tanhuo Kao Tudou)	255
Chinese date-filled potato balls with honey (Mizhi Nuoxiang Tudou Zao)	256
Colorful shredded potatoes (Qicai Tudou Si)	257
Crisp potato strips I (Xiangsu Shu Tiao I)	258
Crisp potato strips II (Xiangsu Shu Tiao II)	259
Deep-fried fat pork and diced potatoes (Cuishao Tudou li)	260
Deep-fried potato chips (Youzha Tudou Pian)	261

Deep-fried potato chips with peanuts and chili (Youzha San Pin)	262
Diced potatoes with salted egg yolk (Yan Danhuang Tudou Li)	263
Finely shredded potatoes with ginger (Jiangwei Longxu Si)	264
Fried dried potato slices (Zha Gan Yangyupian)	265
Fried green pepper and shredded potato (Qingjiao Tudou Si)	266
Fried potato chips (Su Chao Tudou Pian)	267
Fried potato chips with soy sauce (Jiang Bao Tudou Pian)	268
Fried potato pancake (Qiaoshou Tuanyuanbing)	269
Fried potato pie (Youzha Shu Bing)	270
Fried potato slices with dried pickles (Gan Yancai Chao Shu Pian)	271
Fried potato slices with sour bamboo shoots (Suan Sun Chao Shupian)	272
Fried potato strips coated with yolk (Jinsha Tudou Tiao)	273
Fried potatoes and chicken with pickled pepper (Paojiao Tudou Ji)	274
Fried potatoes and pork with pickled pepper (Jiang Rou Tudou Ding)	275
Fried potatoes with four treasures (Jin Shu Hui Sibao)	276
Fried prawn coated with fine potato strings (Jinsi Fengwei Xia)	277
Golden potato string cake (Jinhuang Dousi Bing)	278
Green onion-flavored potato chips (Conghua Shu Pian)	279
Ham-flavored potato strings (Huotui Fengwei Tudou Si)	280
Honeycomb-shaped potatoes (Fengwo Tudou)	281
Hot and spicy diced potatoes I (Mala Tudou Ding)	282
Hot and spicy diced potatoes II (Xiangma Tudou Ding)	283

Hotpot potatoes with preserved ham and radish (Yi Guo Hui)	284
Long life shredded potatoes (Changshou Tudou Si)	285
Mashed potatoes fried with fennel (Huixiang Tudou Ni)	286
Mashed potatoes in lotus leaf (Heye Tudou Ni)	287
Mashed potatoes with pine nuts (Songren Tudou Ni)	288
Mashed potatoes wrapped in sticky rice pancakes (Zhibao Tudou Ni)	289
Megranate-shaped fried chicken (Fugui Shiliu Ji)	290
Minced beef in potato bowls (Yi Wan Chi)	291
Pan-fried potato pastry (Xiangjian Tudou Bing II)	292
Potato and chicken with chili powder (Yangyu Lazi Ji)	293
Potato chips served with Yunnan ham (Yuntui Tudou Pian)	294
Potato pancake with salted vegetables (Xuecai Tudou Bing)	295
Potato shoot salad in vinegar (Liangban Shumiao)	296
Potato shoot soup with sour bamboo shoots (Suan Sun Shumiao Tang)	297
Potato soup with pickled cabbage (Suancai Tudoupian Tang)	298
Potato string cake with five spices (Wuxiang Tudou Si Bing)	299
Potato with laver (Zi Cai Tudou Bing)	300
Potato with twice-cooked pork (Tudou Huiguo Rou)	301
Potatoes cooked in tin foil (Xizhi Tudou)	302
Potatoes in soy sauce (Jiang Xiang Tudou)	303
Potatoes in soybean milk (Hezha Yangyu)	304
Roasted potatoes (Kang Yangyu)	305

Salted meat with colored potatoes (Yanrou Caiyangyu)	306
Shredded potato salad in vinegar (Liangban Shu Si)	307
Shredded potatoes with beef jerky (Ganba Yanyu Si)	308
Shredded potatoes with pickles (Yangyu Si Xiancai)	309
Silver thread noodles and potato strings (Yinsi Tudou Chuan)	310
Sizzling Potato (Tieban Tudou)	311
Soft-fried sliced potatoes (Ruanzha Tudoupian)	312
Sour and spicy potato chips (Suanla Tudou Pian)	313
Sour and spicy shredded potato soup (Suanla Tudou Si Tang)	314
Sour diced potato soup (Shu Kuai Suan Tang)	315
Sour pickle and chive flower potato soup (Suanyancai Tudou Tang)	316
Sour pickle and potato chip soup (Suanyancai Tudou Pian Tang)	317
Spicy and hot potatoes (Xiangla Tudou)	318
Spicy diced potatoes II (Xiangla Shu Kuai)	319
Spicy potato chips (Xiangla Tudou Pian II)	320
Spicy potato slices (Xiangla Tudou Pian I)	321
Spicy Sichuan-style potato strings (Ganbian Tudou Si)	322
Steamed potatoes and spareribs (Fen Zheng Tudou Paigu)	323
Steamed potatoes with pickled chili (Culajiao Zheng Tudou)	324
Stewed potatoes and pork ribs with spices (Xiangla Paigu Men Tudou)	325
Stewed potatoes served in wok (Ganguo Tudou)	326
Stewed potatoes with cucurbit (Xiao Gua Men Yangyu)	327

Stewed potatoes with pumpkin II (Nangua Dun Tudou)	328
Stewed potatoes with rice (Yangyu Kongganfan)	329
Stewed silver carp soup (Guiyu Zahui Tang)	330
Stewed small potatoes II (Youmen Xiao Tudou II)	331
Stir-fried potato shoots (Su Chao Shumiao)	332
Stir-fried shredded vegetables (Chao San Si)	333
Street potato snacks from Yunnan (Jie Bian Xiao Chi)	334
Sweet and sour potato sandwiches (Tangcu Tudou Jia)	335
Toothpick potato diamonds (Yaqian Tudoukuai)	336
Tree tomato-flavored potatoes (Shu Fanqie Fenwei Tudou Si)	337
Western-style mashed potatoes (Xi Shi Tudou Ni)	339
<b>Western Style Potato Dishes and those from Other Regions</b>	<b>341</b>
Curry potatoes (Gali Malingshu)	343
Deep-fried potato balls (Cuizha Tudou Qiu)	344
French-style mushroom and potato salad (Fashi Xianggu Malingshu Shalazi)	345
Fried country-style potato balls (Shancun Zha Malingshu Wanzi)	346
Fried diced potatoes and lettuce stems (Chao Malingshu Wosunding)	347
Fried egg and potato string cake (Jianjidan Malingshusi Bing)	348
Fried potato cake IV (Cui Zha Tudou Bing)	349
Fried potato slices II (Zha Malingshu Pian)	350
Fried potato strips (Zha Malingshu Tiao)	351

Fried potato strips with spicy peanuts (Xiang Su Shutiao)	352
Fried potato with jellyfish (Tudou Bao Zhetou)	353
Honey potatoes (Mizhi Malingshu)	354
Pagoda-shaped mashed potatoes with shiitake mushroom (Xianggu Malingshu Ni Ta)	355
Potato and egg soup (Tudou Danhua Tang)	356
Potato and vegetable salad (Qingcai Malingshu Shalazi)	357
Potato balls with ham (Huotui Malingshu Wanzi)	358
Potato dumplings (Shu Jiao)	359
Potato rolls wrapped in dried tofu (Fupi Malingshu Juan)	360
Potato sandwich with pork (You Su Tudou He)	361
Potato strings with sea cucumber (Tudou Si Ban Haishen)	362
Potatoes in hot caramel (Basi Tudou)	363
Roasted potatoes with jam (Guojiang Malingshu Pai)	364
Steamed potato strings with mashed garlic (Suan Ni Tudou Si)	365
Stewed beef with potato (Tudou Shao Niunan)	366
Stir-fried potato strips with celery (Shan Qin Chao Tudou)	367
Three earthly delights (JiaoDong Di Sanxian)	369
<b>The Development and Role of the Potato in China</b>	<b>370</b>
<b>Introduction of the Potato to China</b>	<b>371</b>

<b>Development of the Potato Industry in China after the 20th Century</b>	<b>373</b>
<b>Potato Production in China</b>	<b>382</b>
Huge planting area and low yield	382
Achievements in the breeding and extension of new potato varieties	385
Incomplete seed system and the shortage of high quality seed potatoes	386
The majority of farms are small-scale	388
The frequent occurrences of potato pests and diseases	389
<b>Main Roles of the Potato in China</b>	<b>390</b>
Food safety	391
Energy security	395
Poverty elimination	397
Potato processing and value-added	398
The potato and natural disaster relief	405
<b>Appendix 1: Index of all dishes</b>	<b>407</b>
<b>Appendix 2: Index of the dishes for vegetarians</b>	<b>418</b>
<b>Appendix 3: Index of the dishes for Muslims</b>	<b>424</b>