

A Taste of Tradition



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Crystal Shi
Food Editor

Dear Epoch VIP,

Thank you so much for reading The Epoch Times, and welcome to the Epoch family. Pull up a chair—we have cookies!

Well, a recipe for them, anyway.

As the food editor at The Epoch Times, it's my job and pleasure to bring you such tempting treats—to delight, nourish, and inspire you in the kitchen.

When I tell people I get to write and edit stories about food for a living, the usual response is something along the lines of, “You have a dream job!”

They're not wrong. But for me, the “dream” part of the job isn't really about the food. It's more about getting to be part of a paper with such an important mission at its heart: championing the values of truth and tradition, both in our news journalism by keeping readers informed with unbiased, fact-based reporting, and lifestyle content by grounding our coverage in traditional culture and universal virtues.

Because at the end of the day, I'm here—as I suspect you are, too—for more than just delicious recipes.

I am a strong believer in the power of food beyond the plate.

Think of your favorite comfort food, or perhaps a treasured family recipe, and you'll see what I mean. For me, it's the dumplings I grew up making with my family every Chinese New Year, gathered around our dining table in a makeshift assembly line to stuff hand-rolled wrappers with homemade filling. For you, it might be an exquisitely flaky buttermilk biscuit, fresh from the oven; or a pot of Grandma's Sunday sauce, simmering away on the stove.

Food forges connections: to the people we make and share it with, as one of the purest expressions of care and hospitality, and to our cultural roots and family histories. There is so much rich heritage and value behind each handmade strand of pasta, stack of tortillas, or crock of kimchi that's been crafted the same way for generations.

Now, however, these connections are in danger of being lost. Traditional dishes and home cooking skills are being forgotten, and there's a growing disconnect between the food we eat and the place it comes from. Meanwhile, home cooks have to balance feeding their families night after night with the time constraints of busy modern life; too often, family meals are reduced to individual affairs.

In our Food section, I want to shine the spotlight back on tradition and family.

So you might read about the story of a traditional dish from the other side of the world, and be inspired to recreate it in your own home. Or, you might find a hands-on, good-messy cooking project that would be perfect to tackle with the kids this weekend; or simply some quick and delicious inspiration for getting dinner on the table for your family tonight.

If there's any dish, ingredient, cuisine, or other cooking topic you'd like to see more of, please let me know; I'd love to hear from you.

I hope these stories make you hungry and then give you the tools to do something about it. I hope you learn something new about a different cuisine or traditional dish, and then find yourself inspired to revisit your family's own. I hope you snip out a recipe or two to take with you to the kitchen—newsprint isn't afraid of a little flour or oil!

And I hope they help you feed yourself and your loved ones well, and bring you together around the dinner table again. That's where conversations are opened, bonds are strengthened, traditions are kept alive, and memories are made—all over the comforts of a home-cooked meal. Bon appetit!

In Truth and Tradition,

Crystal Shi
The Epoch Times

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