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Helen Chen Teaches the Art of Asian Cooking

Leading Asian culinary expert, cookbook author, and developer of Helen's Asian Kitchen® cookware and cooking accessories, Helen Chen continues teaching Asian cooking classes at gourmet stores throughout the country. Chen's most recently instructed students at "A Southern Season Gourmet Store" located in Chapel Hill, NC.

"Helen is a wonderful and thorough cooking school instructor. Her vast knowledge of the Asian food and culture give our students a unique learning experience."

— Marilyn Markel
A Southern Season Gourmet Store, Chapel Hill, NC
www.southernseason.com

Other hosts of Helen's cooking classes have shared:

"Helen Chen is an exceptional instructor. She has a wonderful way of connecting with her students and demystifying Chinese cuisine. Her recipes are realistic and practical for every day. I highly recommend her."

— Mary Moore
Cook's Warehouse, Atlanta, GA
www.cookwarehouse.com

"Helen's classes are entertaining and educational. Her discussions about cooking techniques and products are full of personal experiences from her entire life bringing lots of credibility to what she presents in a class. Last but not least, the food is authentic and reproducible by the average home cook."

We love having her teach here. Our customers return year after year to see what she's doing next."
— Barbara Freeman
Kitchenware Outfitters, Inc. Savannah, GA
www.kitchenwareoutfitters.com

Chen's goal is to make Asian cooking more accessible, as well as, making healthier dishes using heart-healthy cooking oils and ingredients while keeping the taste authentic and pure. Chen's inspiration for new recipes and products comes from her frequent visits to the Far East.

"I learned to cook the old fashioned way—from my mother. And, like my mother, I emphasize the delights and comfort of home-style dishes in my own cooking. I love to teach the methods of the Chinese cook at home—quick, easy, healthy and delicious—and I created my Helen's Asian Kitchen® line of cookware and cooking accessories to help make the process even more carefree."

— Helen Chen

Look for Chen's forthcoming cookbooks *Helen's Asian Kitchen®: Easy Chinese Stir-Fries* and *Helen's Asian Kitchen®: Easy Asian Noodles* due for release in the spring and fall of 2009. Chen focuses on healthful, quick-and-easy Asian recipes catering to the home chef.

Helen's Asian Kitchen® is part of the HIC family of fine brands.

* Not Affiliated with Joyce Chen Products

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