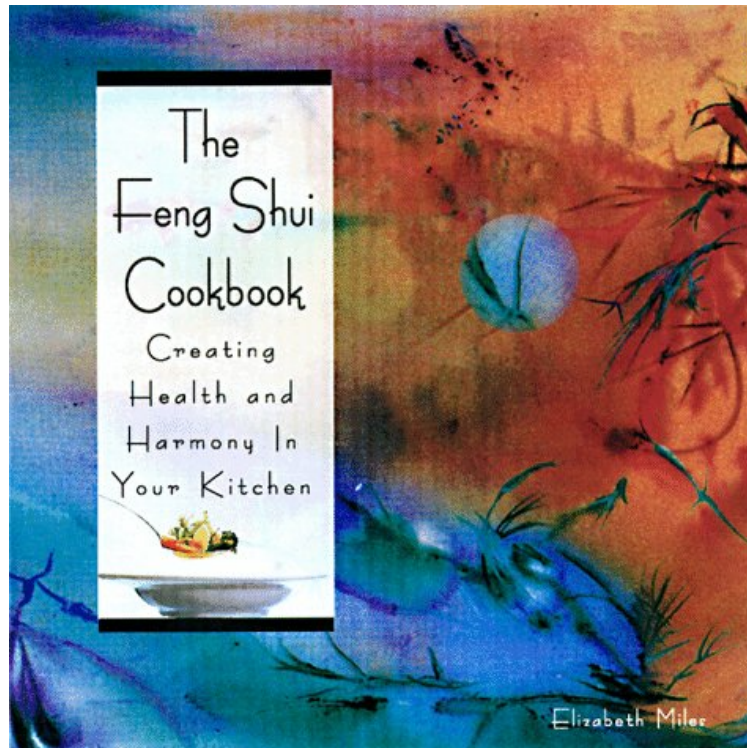


[Library ebook] The Feng Shui Cookbook: Creating Health and Harmony in Your Kitchen

The Feng Shui Cookbook: Creating Health and Harmony in Your Kitchen

Elizabeth Miles

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Elizabeth Miles : The Feng Shui Cookbook: Creating Health and Harmony in Your Kitchen before purchasing it in order to gage whether or not it would be worth my time, and all praised The Feng Shui Cookbook: Creating Health and Harmony in Your Kitchen:

0 of 0 people found the following review helpful. Enjoyable read - especially if read aloud.By Anne ErwinWould like this to be published as an audio book. Read it and you will see why! Most inviting and sensual cooking book ever!5 of 5 people found the following review helpful. More than I was expecting in a very good way...By T. ReinhardtI got this as a gift a few years ago. Looking at the publication date, I would have to say I recieved it when it was fairly new. When I saw the title I was a bit put off...there a quite a few books that use *feng shui* as buzz words to rope in suckers looking to change their...well...chi...and improve their lives...But this many years down the road, I have to say, grudgingly, that there are many plusses to this book. The recipes are nutritious, delicious and *solid* in a culinary sense and the directions are clear and easy to understand. The recipes are decidedly Asian in nature. In my area most are easily available with the possible exception of dashi soup stock and tamarind paste which would require more of a hunt...Several recipes stand out as ..well...outstanding. Berry balsamic parfaits (try it over vanilla ice cream with mint sprigs, unbelievabley good)Seared salmon with horseradish butter (actually the horseradish butter is a winner all by

its lonesome) easy and delicious. Chicken soup for a cold is a very good asian soup soup stock with the addition of ginger and chilies. Adding your own touches makes it a whole soup meal for company... just pass around accompaniments...There is a lot of feng shui information in the beginning. Some I found interesting. Where is the best place in my home for the kitchen? What if it wasn't there? How to set up the kitchen so I didn't eat too much? (okay, I liked that part)...The yin and yang of eating...There are different options on changing the recipes thru out the book, I like that. And how to serve the dishes. The book is more square than rectangle and is a hardcover that lies flat (yay!) The binding is in very good shape after all these years. It does tend to open to the recipes I have used more frequently at this point tho.... the paper isn't wipeable unfortunately...soy sauce stains from earlier dishes are here and there. The color of the paper is a nice off white, very easy on the eyes... the pages are a bit thin, you can see shadows of the other pages through them. Ah well, you can't have everything...There is a removable and cleanable attractive book jacket and the artwork inside is tasteful with an Asian flair... no bok choy running away from dancing knives thankfully!Thinking back to my original objection, I was wrong. This was an excellent gift and an excellent cookbook. Its smaller size would make it an excellent addition to a themed gift basket with an Asian flair (like some dried noodles, soy sauce, dried mushrooms, dashi stock, mirin...all inside a big wok!)13 of 14 people found the following review helpful. Yin, Yang and the Unwanted Dinner GuestBy CustomerHaving never been a person to pay close attention to my yin, let alone my yang, I was understandably frazzled when my wife announced that our day guest had turned into a dinner guest. With two young children, dinner is on a set time-table. Now I pride myself on having dinner guests. Cooking is my hobby. (My wife told me I needed a hobby and her genius suggested cooking.)So there I was with a few cans and a little over a pound of ground turkey meat. I rifled through my recipe books and came across one that I wasn't even aware of: Elizabeth Miles' The Feng Shui Cookbook. And there on pg. 167 was a recipe for Quick Chickpea Curry (containing the ground turkey). While the recipe promised to warm my qi and creative energy, I was glued to the word quick.Well in less than 20 minutes I had achieved both. The curry was fab, sprinkled with yogurt and cilantro. Our dinner guest went back for seconds and then thirds. And the conversation was robust. The Feng Shui part achieved its goal in spite of my cynicism.Since I have enjoyed a number of the other dishes with other guests. Miles' text is as strong as her recipes. She has carefully crafted a book which tells you how certain food can feed certain moods and inspire different reactions. And this makes for immensely edible thoughts and results and of course, food.

The Feng Shui Cookbook reunites the Chinese art of feng shui with its ancient partner, food, to help you eat for optimal energy. Based on the same principles of yin-yang balance as the popular design practice, the book offers sixty-four recipes organized into yin, yang, and balanced categories, along with the tools to put feng shui principles to work in the kitchen and your life. Whether you seek to beat stress or motivate for peak performance, there's a delicious recipe here to satisfy your palate and re-balance your body and mind. "If you think your cooking would improve if only your kitchen faced east, Elizabeth Miles' The Feng Shui Cookbook can help." - Self

About the AuthorElizabeth Miles is an ethnomusicologist whose work on music, health, and mood appears in books, journals, encyclopedias and CD-ROMs.