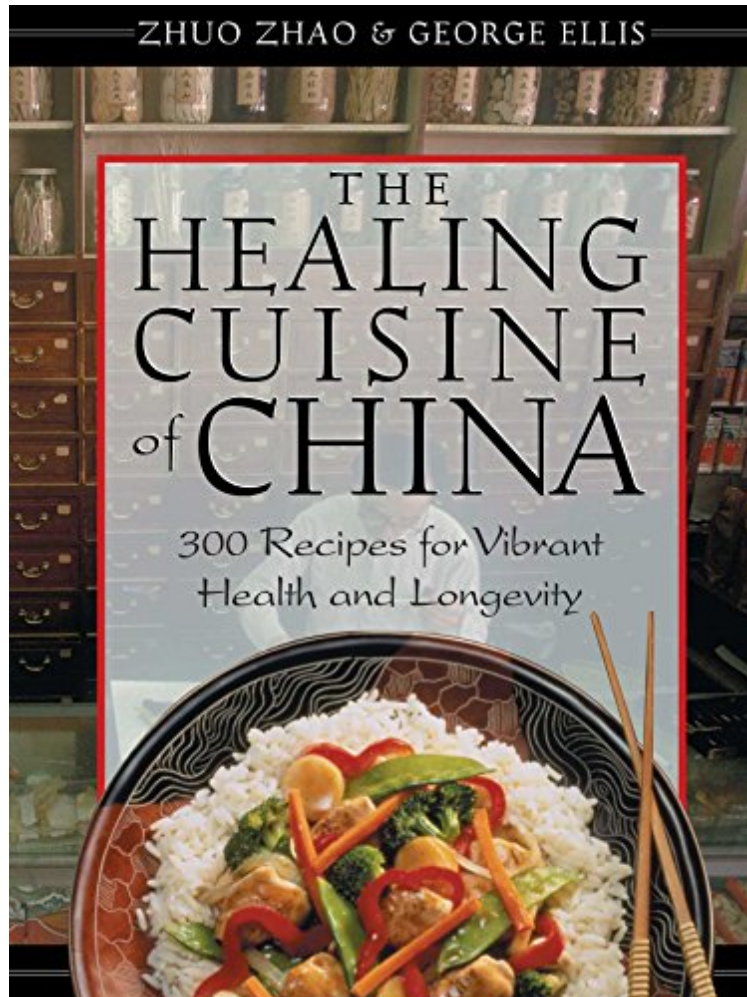


(Mobile library) The Healing Cuisine of China: 300 Recipes for Vibrant Health and Longevity

The Healing Cuisine of China: 300 Recipes for Vibrant Health and Longevity

Zhuo Zhao, George Ellis
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#1256468 in Books Healing Arts Press 1998-11-01 1998-11-01 Original language: English PDF # 1 11.00 x .90 x 8.501, 1.61 #File Name: 089281778X288 pages | File size: 43.Mb

Zhuo Zhao, George Ellis : The Healing Cuisine of China: 300 Recipes for Vibrant Health and Longevity before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Healing Cuisine of China: 300 Recipes for Vibrant Health and Longevity:

10 of 10 people found the following review helpful. Chapter Six Longevity Banquets - homestyle recipes By Robert A. Figler Judging by the title, many potential buyers might see this book as simply a set of traditional medicinal recipes and nothing more. On the surface they would be correct but it would be a mistake to pass this one over! Why? Well, surprise of surprises there is a hidden treasure of everyday homestyle Chinese recipes, Chapter 6, Longevity Banquets, which makes it worth the price of the book alone. Living in a Chinese household, when visiting my mother-in-law in

Beijing, I am always in pursuit of "stealing" her simple homestyle recipes to bring back home for our everyday eating. After purchasing this book I discovered that the recipes in Chapter 6 Longevity Banquets are the type of dishes that my mother-in-law would prepare on a daily basis in her home. Over the past 10 years I have used almost all of these recipes [Chapter 6] and they have served our family well--including cooking for the in-laws during their stay with us many years back. Some of the recipes I modify by adding more ingredients. For example, in preparing Tofu, Chicken, and Seaweed Soup, Shrimp and Bean Curd Soup, etc. I use chicken broth rather than water. The Tomato Soup recipe is really one of the cleanest and best tasting hot and sour soup recipes around and you can modify it by adding chicken or pork. With Tofu with Mushrooms I add additional types of mushrooms like fresh shitake, oyster and wood ears along with fresh ground chicken. With Cabbage Beef and Onion Beef I add wood ears and dou fu gan [pressed 5 spice tofu]. The Steamed Trout recipe is almost a weekly dish for us and there are other fish you can substitute. Sauteed Celery and Sauteed Asparagus are fast, quick and simple and serve well as a side dish for any meal. There are endless variations on these recipes that you can creatively birth without much risk of losing the simplicity and flavor of the dish. The Longevity Recipes of this book [which is a relatively small section compared to the entire book - pp. 189 - 243] exemplifies what is commonly meant by "healthy and tasty Chinese food" and are relatively simple and quick to cook. Even some of the milder medicinal recipes like Tofu and Egg White, p.81, Bean-thread Noodles and Cucumber, p. 87, Mung Bean Congee, p. 138, Celery and Vegetable Soup, . 147, Adzuki Bean Congee [add a little brown sugar] p. 170, are worth trying as a meal or second dish. As a side note, if you are interested in Chinese medical knowledge, Chapters 1, 2, and 3 are really an excellent introduction to the field but you don't have to get side-tracked in them--the recipes can simply stand alone. With the widespread practice of taijiquan and qi gong, Chapter 7 Exercising for Health is well worth reading but keep in mind that these ideas are grounded in a different worldview and many of the readers with a more scientific/Western orientation are likely to dismiss them. Again, don't let this stand in the way of the recipes. For those of you who have grown tired of the Chinese food found in the local restaurants or even the "gourmet" food of the upscale Chinese restaurants [both US and China] this is the book for you. It is real, honest homestyle Chinese cooking at its best and, given its price, is indeed a real hidden treasure. 1 of 1 people found the following review helpful. Simplified TCM Healing Recipes By Manly Man Excellent resource to help beginners understand yin and yang in the beginning of the book. Fairly clear and concise on the topic of TCM. While Henry Lu's "Chinese Natural Cures" is the compendium for categorizing foods for TCM, this particular book was able to produce actual recipes and meals with the foods to help with ailments. The index is not accurate but the contents within the book compare accurately with other TCM books like Henry Lu's. I agree with the other critic that it is not organized well despite the ailments being in alpha order. A simple exhaustive table of contents to organize the information better would fix the problem but there's plenty of white space to write notes along the edge. Beside the organization - it's definitely a buy for those who are wanting to practice TCM at home. This book with Henry Lu's book make a good TCM home library. (TCM = Traditional Chinese Medicine) 0 of 0 people found the following review helpful. I really enjoyed reading through this book as I am interested in ... By Kate's Scrap Yard I really enjoyed reading through this book as I am interested in Traditional Chinese Medicine and incorporating healing foods into my diet. This book offered a brief overview of TCM and the common herbs/food associated with common diseases and ailments. The recipe section is filled with recipes incorporating the ingredients described and associates each recipe/remedy with an ailment

A comprehensive guide to the Chinese art of healing with food bull; Provides more than 300 authentic Chinese recipes for curing specific ailments and for promoting happiness and vitality bull; Explains the theories behind traditional Chinese beliefs about health and diet and reconciles these beliefs with contemporary Western medical knowledge bull; Includes a complete fitness program centered on the popular Chinese qi gong exercises Through 5,000 years of recorded history the Chinese have developed an unequalled pharmacopoeia of food remedies and have turned this knowledge into a delicious cuisine that is simple to prepare. This cuisine has little in common with the dishes on the menus of many Chinese restaurants--which have sacrificed traditional Chinese principles to appeal to high-fat Western tastes. Instead, it emphasizes all-natural ingredients eaten in season and in the most beneficial combinations. The Healing Cuisine of China features more than 300 authentic Chinese recipes, ranging from simple preparations to cure specific ailments to traditional "longevity banquets." The authors also explain the underlying theories behind traditional Chinese beliefs about health and reconcile these ancient beliefs with Western medical knowledge about bacteria, viruses, and other causes of disease. A complete fitness program, centered on the popular Chinese qi gong exercises, and a questionnaire to help readers discover their individual body requirements make this the most comprehensive guide to the healthy lifestyle of China ever published.

"Zhuo Zhao and George Ellis have taken great pains not only to provide us with an exhaustive (three hundred recipes) compendium of medicinal foods and preparations but have also included chapters on Chinese medical theory, Yin/Yang theory, Five Element theory and an explanation of the Chinese view of illness and its causes. The Healing Cuisine of China is a terrific book to have on hand: the recipes are well-researched and simple to make and they

remind us of the tremendous power we have to maintain our own well-being." (Qi, Summer 1999)From the Back CoverCOOKING /HEALTH In China no clear division exists between food and medicine--the Chinese know that most ailments can be cured by eating the proper foods, and that a wholesome, balanced diet is the key to a long and healthy life. Through five thousand years of recorded history the Chinese have developed an unequalled pharmacopoeia of food remedies and have turned this knowledge into a delicious cuisine that is simple to prepare and incredibly healthful. This cuisine has little in common with the dishes on the menus of Chinese restaurants--which have sacrificed traditional Chinese principles to appeal to high-fat Western tastes. Instead, it emphasizes all-natural ingredients eaten in season and in the proper combinations. The Healing Cuisine of China features more than 300 authentic Chinese recipes, ranging from simple preparations arranged in order of ailment cured to traditional "longevity banquets"--sumptuous Chinese feasts designed to promote happiness and vitality with such classic dishes as Chrysanthemum Chicken, Steamed Trout, Ginger Calamari, Black Sesame Tea, and Fresh Cherry Wine. But food is only part of the picture. Authors Zhuo Zhao and George Ellis explain the underlying theories behind traditional Chinese beliefs about health, focusing on balancing yin and yang in the body, but also reconcile these ancient beliefs with Western medical knowledge about bacteria, viruses, and other causes of disease. All ingredients in the text are accompanied by extensive nutritional information and are classified according to traditional Chinese medicine. A complete fitness program, centered on the popular Chinese qi gong exercises, and a questionnaire to help readers discover their individual body requirements make this the most comprehensive guide to the healthy lifestyle of China ever published. ZHUO ZHAO was born and raised in Beijing, where she learned the traditional arts of cooking and healing from her family. After coming to the West and discovering how little was known about these genuine Chinese traditions, she returned to China for two years of intensive research. This book is the product of that research. GEORGE ELLIS traveled extensively in Asia in the 1970s and 1980s, writing and translating texts on Yoga, Ayurveda, and Naturopathy. He is the author of *The Breath of Life: Mastering the Techniques of Pranayama and Qi Gong*. Zhuo Zhao and George Ellis met in Beijing in 1985 and married in 1988.