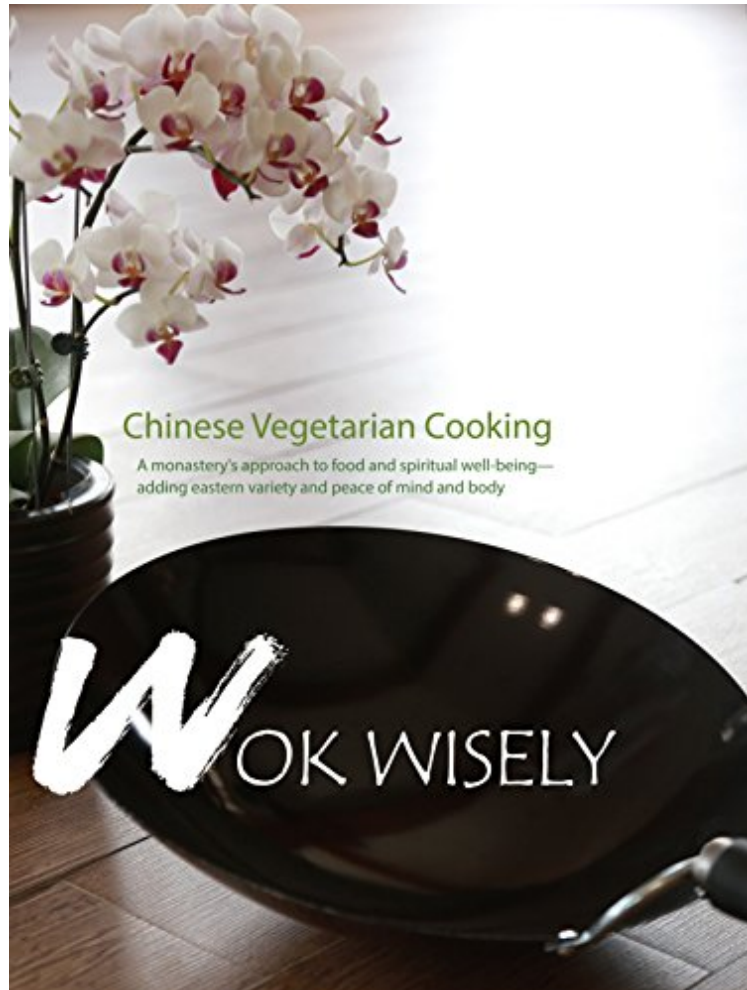


(Download pdf) Wok Wisely: Chinese Vegetarian Cooking

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Dharma Realm Cookbook Team

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Dharma Realm Cookbook Team : Wok Wisely: Chinese Vegetarian Cooking before purchasing it in order to gauge whether or not it would be worth my time, and all praised Wok Wisely: Chinese Vegetarian Cooking:

0 of 0 people found the following review helpful. Pathetic, Unimaginative, soulless cuisine By Libertarian Heretic I would highly recommend this book for anyone looking to turn an interested person off to vegetarianism for years. I really want to be nice here but I can't. As a 7 year student of Mandarin I am all too familiar with the kind of puzzlement and derision Chinese society has for vegetarianism. This book is a perfect example. I just got this in the mail. Imagine my surprise when thumbing through I found virtually every recipe is a variation on a sad tasteless tune. They are all basically a sauce made of a cup of broth, a tablespoon of soy sauce and arrowroot (basically flavorless) over some vegetables. It's pathetic. I was doing better vegetarian dishes as a senior in high school. I can't believe that a culture that produced an endless array of sauces, bastes and creams can't ever seem to find one suitable for vegetable cooking. By all means if you're a Buddhist monk that chooses a life of self-denial pick this one up. For those vegetarians

like myself that want a sexy, exciting cuisine that goes toe to toe with anything else, skip this tripe. Save the \$10 and find some recipes online, anywhere really. They could hardly be worse. 0 of 0 people found the following review helpful. Not A Cook Book By Gary Ujifusa As others have said this book is more about the philosophy of eating vs good recipe suggestions. 0 of 0 people found the following review helpful. Five Stars By James Peterson good book

Not just a cookbook, but a way of life for your body, mind and spirit, *Wok Wisely, Chinese Vegetarian Cooking*, presents not only a collection of nourishing, flavorful recipes, but information on how to keep the body in balance. Originally assembled by the Dharma Realm Cookbook Team in Chinese for a Buddhist monastery, this English version was done under the guidance of American Buddhist nun, Jin Rou Shi. In addition to recipes and tips on keeping the body in balance, the book contains nutrition facts from both Chinese classics and contemporary Western sources, guidelines for vegetarian children, quotes by about vegetarianism from the likes of actress Alicia Silverstone, physicist Albert Einstein, scientist Charles Darwin, poet George Bernard Shaw, and Buddhist masters, among others. The book also covers how to maintain a safe home through the use of natural cleaning products.

A Buddhist monastery has taken the you are what you eat adage one step further by suggesting that inner peace starts with what you put in your mouth. Looking for a recipe for Wishing-You-Well Soybean Sprouts with Licorice-Flavored Water? You should be. In Buddhism, food is known as medicine, according to the thought-provoking *Wok Wisely: Chinese Vegetarian Cooking, A Monastery's Approach to Food and Spiritual Well-Being*. The Dharma Realm Cookbook Team of Taiwan's inspiring collection of fifty-six recipes not only showcases the best in healthy Chinese vegetarian cooking, but the dishes within it can also nourish the mind, body, and spirit as well as positively impact the world at large. Animals have a place at the table, the authors hold, not on the table, agreeing with novelist Alice Walker, who once said, To eat a creature who is raised to be eaten, and who never has the chance to be a real being, is unhealthy. You're eating a bitter life. They also caution that the Buddha believed pungent plants adversely affect consciousness, so you won't find garlic, onion, or leeks in any of their meals. Each recipe, whether side dish, main dish, noodle, or soup, is broken down into an ingredients list, directions, variations, tips, and cautions (where applicable). Each recipe is clearly outlined and blissfully simple, requiring only a handful of ingredients. There are dishes to expand your experience with Asian cooking, like Bitter Melon with Preserved Turnip Tops, and there are also variations on well-known classics such as Hot and Sour Chinese Soup and Wild String Beans with Toasted Black Sesame Seeds. A series of essays sprinkled among the recipes reinforces the collection's emphasis on mindful eating, covering topics like safe household cleaners, and the difference between killing animals and killing plants. The recipes are also preceded by a chapter on vegetarian health issues and excerpts on eating appropriate to the season, raising vegetarian children, and foods like broths and sprouts that you can prepare in advance. *Wok Wisely* is not your average cookbook; it's a wellness guide for supporting health and protecting life. --Amanda McCorquodale, Foreword, August 27, 2015

About the Author Jin Rou Shi is an American bikshuni in the orthodox Chinese Mahayana tradition and a long time teacher at Instilling Virtue Elementary School on the monastery grounds of the City of Ten Thousand Buddhas. She is a 20 plus year disciple of the late Tripitaka Master Hsuan Hua of Manchuria, China and author of the illustrated children's book *Under the Bodhi Tree*.