

*TCM Diet*  
中醫藥膳



*Traditional Chinese  
Medicine Medicated Diet  
Recipe Book*

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# Preface

Traditional Chinese Medicine (TCM) is a school of medicine that originated in China thousands of years ago. It consists of a very comprehensive system of diagnosis, differentiation and treatment based on theories deeply rooted in Chinese culture and philosophy. TCM takes a holistic approach to both the understanding and treatment of the human body. This means that everything in the universe is interconnected and mutually affects each other to varying degrees. Similarly, TCM treatments don't focus on the condition of the patient's body alone. They take into account such environmental factors as the patient's lifestyle and diet. As such, a large part of the efficacy of TCM is due to the suggested lifestyle changes that not only prolong the effects of the treatment, but also improves the overall health of the patients and prevents them from having relapses and/or contracting other diseases. Dietary therapy or medicated diet is perhaps the most effective and most commonly suggested by TCM practitioners.

As the name suggests, medicated diet involves treating and preventing diseases by making changes in one's diet. A TCM practitioner will suggest certain foods to eat while other foods to avoid based on each individual's body condition. In addition, Chinese medicinal herbs are often incorporated into the daily diet to further enhance the effect of the dietary changes.

This recipe book is a compilation of over 100 recipes that incorporate certain foods and herbs to treat and prevent a multitude of diseases. We hope you find it useful in your journey to better health through medicated diet.

Sincerely,

TCM Diet Group

**American Ginseng, Reishi, Red Date and Wolfberry Tea**

**Qi, Blood and Yin Deficiency/ Anemia, hypertension, coronary heart disease, stroke, insomnia, immunodeficiency from AIDS, chemotherapy, radiotherapy etc**

**Ingredients:**

15g - American Ginseng (Xi Yang Shen)  
30g - Reishi Mushroom (Ling Zhi)  
20pc - Chinese Red Date (Hong Zao)  
15g - Wolfberry (Gou Qi Zi)  
3pc - Fresh Ginger (Sheng Jiang)  
Right amount - Brown Sugar (Hong Tang)

**Directions:**

1. Rinse the Chinese herbs (Ginseng, Mushroom, Date, Wolfberry)
2. Wash the fresh ginger and cut into pieces
3. Place all the ingredients into a pot with 1.5 liters of water and bring to a boil
4. Simmer on medium for 10 minutes
5. Add the brown sugar and drink when it is warm or room temperature

**Actions/Indications/Functions**

- Tonify qi and blood
- Nourish spleen, stomach, kidney yin
- Calm the spirit
- Moisten lung yin and generate body fluids
- Strengthen immunity

## American Ginseng, Chinese Red-date and Lycium Fruit Tea (西洋参, 红枣, 枸杞子茶)

### Ingredients:

1. Xi yang shen (西洋参) American ginseng 15 g
2. Hong zao (红枣) Chinese red-date 20 pieces
3. Gou qi zi (枸杞子) lycium fruit 15 g
4. Hong tang (红糖) brown sugar: right amount
5. Shen jiang (生姜) fresh ginger 3 pcs

### Cooking methods:

1. Rinse the Chinese herbs (items 1-3)
2. Wash the fresh ginger and cut into pieces
3. Put all ingredients in pot and add 1.5 liters of water. Bring to boil and then turn to medium heat for 10 minutes.
4. Add the brown sugar and drink it when it is warm or in room temperature.

### Function:

1. Tonify qi and blood, prevention and treatment of anemia.
2. Nourish spleen, stomach and kidney yin and nourish blood
3. Calms the shen (spirit), use to treat insomnia.
4. Moistens lung yin and generate body fluid
5. Improve immunity, prevent and treat immunodeficiency syndrome caused by chronic diseases, such as AIDS, chemotherapy, radiotherapy and so on.

## **Beef Shank Stew with lily flower and black fungus**

**Yang deficiency/Hypertension, Insomnia, Alzheimer, Aging, Anemia**

### **Ingredients:**

8 oz Beef shank  
9g Dried Lily Flower  
15g Black Fungus  
8 dried mushroom  
4 red dates (remove seed)  
4 green onions  
3 sl ginger  
1 clove minced garlic

### **Sauce:**

½ tsp salt  
½ tsp sugar  
1 tsp soya sauce  
1 tsp oyster sauce  
Pepper  
Sesame oil  
2/3 C water or stock

Corn starch water     2/3 tsp cornstarch mix well with 1 tsp water

### **Directions:**

1. Slice beef shank and marinate with soya sauce, sugar, salt, water, oil, corn flour.
2. Blanch with oil
3. Add 1 Tbsp oil, fry garlic, ginger until fragrant, add sauce, and rest of ingredient except beef and green onion to boil, add beef and simmer for ½ hour.
4. Stir in corn starch water and green oil..

### **Actions/Indications/Functions**

- Regulate qi, nourish stomach
- Tonify qi and blood., yang, strengthen tendon
- Relieve anxiety, calm irritation, improve memory

## **Bitter Melom Pickle**

### **Ingredients:**

1 bitter melon  
3 Tbsp Goji Berry  
1 can 7-up or Sprite

### **Directions:**

1. Blanch bitter melon and dip in ice water
2. Let Cool, Mix in Goji Berry and cover with 7-up or Sprite
3. Sit for at least 24 hours

### **Actions/Indications/Functions**

- Calming the liver
- clearing away heat, brighten the eyes
- relieve thirsty
- treatment of heat stroke, sore throat and eye infection

## **Bitter Melom with Black Bean Sauce**

### **Ingredients:**

1 bitter melon  
2 Tbsp Black Bean chopped  
2 cloves Garlic, chopped  
Oil  
Pinch of sugar

### **Directions:**

1. Blanch bitter melon and dip in ice water
2. Heat oil, add in garlic and black bean and fry until fragrant
3. Add water to make source
4. Mix in bitter melon

### **Actions/Indications/Functions**

- Clear heat, release exterior, detoxification
- Calming the liver
- clearing away heat, brighten the eyes
- relieve thirsty
- treatment of heat stroke, diabetes sore throat and eye infection

## **Black and White Wood Ear Tofu**

**Blood deficiency, yin deficiency / High cholesterol, high blood pressure, prevention of atherosclerosis etc**

### **Ingredients:**

15g (1/2 oz) - Dried black wood ear fungus  
15g (1/2 oz) - Dried white wood ear fungus  
2 Tbsp - Olive oil  
2 cloves - Garlic, peeled and minced  
1 (15-19oz) package - Firm tofu, cut into 1 inch cubes  
1/4 cup - Vegetable or chicken broth  
1/4 cup - Fresh cilantro leaves  
Salt  
Condiments: Black pepper, hot chilli oil

### **Directions:**

1. Soak the black fungus and white wood ear for 30 minutes in warm water, where it will expand to two to five times its original size. Rinse the wood ear, remove and discard the fibrous base, and cut into 1/4 inch strips.
2. Heat the oil in a medium-size pan over medium heat, then add the garlic. Cook for about 30 seconds until fragrant.
3. Add the wood ear and cook, stirring occasionally, for 3-5 minutes.
4. Add the tofu, then the broth. Bring to a boil, then lower the heat and simmer, covered for 5 minutes.
5. Add salt to taste, garnish with cilantro, serve with condiments.

### **Actions/Indications/Functions**

- Tonify qi and blood
- Nourish yin



## **Bok Choy with Wood Ear and Shiitakes**

**Excess heat, blood stasis, middle jiao stagnation/ Diabetes, cancer, high cholesterol, or constipation etc.**

### **Ingredients:**

1/3 cup (1/2 oz, or 15g) - Dried black wood ear fungus  
5 - Dried shiitake mushrooms  
3 - 2 oz bundles cellophane noodles, mung bean preferred  
4 Tbsp - Sesame oil  
3 cloves - Garlic, peeled and chopped  
1 (1 inch) piece - Ginger, peeled and minced  
1 small - Onion  
1 large - Carrot, cut into match size pieces  
2 clusters - Baby bok choy or 3/4 pound of regular bok choy or Chinese cabbage  
2 Tbsp - Mirin or dry sherry  
3-4 Tbsp - Soy sauce or to taste  
Pepper - To taste

### **Directions:**

1. Soak the wood ear for 30 minutes in warm water, where it will expand to two to five times its original size. Rinse the wood ear, remove and discard the fibrous base, and cut into 1 by 1/4 inch strips.
2. Soak the dried shiitakes in warm water for 20 minutes, or until soft. Drain, reserving the water for later use. Squeeze the excess liquid from the mushrooms and, if desired, discard the stems. Cut the mushrooms into 1/4 inch slices.
3. Soak the noodles in a bowl of hot water for about 15 minutes, or until soft. Drain and cut the noodles into 3-inch pieces with scissors or knife.
4. In a large wok or saute pan, heat 2 Tbsp of the sesame oil over medium-high heat. Add the garlic, ginger and onions, stir fry for about 2 minutes.
5. Add the carrots, then the bok choy. Continue to stir fry for about 5 minutes, until the vegetables are cooked.
6. Mix together a sauce from 1/2 cup of the water from soaking the mushrooms, mirin, soy sauce, and the remaining 2 Tbsp of sesame oil.
7. Add the noodles to the wok, then pour in the sauce. Stir. Continue cooking until the noodles have been heated and the liquid has been absorbed, 5-10 minutes.
8. In the mean time, toast the sesame seeds in a dry skillet over medium heat until golden brown, stirring or shaking frequently, about 5 minutes. When they are done, remove them immediately from the hot skillet so they don't burn.
9. Sprinkle the sesame seeds on top of the noodles and add pepper if using to taste.

### **Actions/Indications/Functions**

- Clear heat
- Move blood
- Regulates middle jiao

## **Buddhist Tofu Soup**

**Spleen deficiency, middle jiao disharmony, excess dampness/ Hypertension, high blood sugar, high cholesterol, weight control, cancer prevention etc**

### **Ingredients:**

- 8 to 10 - Dried shiitake or other mushrooms
- 1 to 2 cups - Water
- 1 (12-14 oz) package - Firm tofu, cut into 1/2 inch cubes
- 1 cup - Fresh bamboo shoots, cut into 1/2 inch cubes
- 4 cloves - Garlic, peeled and minced
- 1 (1 inch) piece - Ginger, peeled and minced
- 6 cups - Vegetable broth
- 1 cup - Chinese cabbage or bok choy, chopped into 1/2 inch slices
- 1 Tbsp - Dark sesame oil
- 1 Tbsp - Soy sauce, or to taste
- 2 Tbsp - Oyster sauce (vegetarian is available)

### **Directions:**

1. Soak the shiitakes in warm water for about 20 minutes. Reserve the water for later use.  
Remove and discard the stems if desired. Chop the mushrooms into 1 inch pieces.
2. Combine the mushrooms, reserved mushroom water, tofu, bamboo shoots, garlic, ginger and broth in a saucepan, bring to a boil, then lower the heat and simmer for about 10 minutes.
3. Add the Chinese cabbage to the soup, cook for another 5 minutes.
4. Add the sesame oil, soy sauce, and the oyster sauce (if using), then serve.

### **Actions/Indications/Functions**

- Tonify the spleen
- Harmonize the middle jiao

## **Burdock Salad**

**General/Diabetes, stomach cancer, arteriosclerosis**

### **Ingredients:**

1 burdock root  
1 pear  
2 Tbsp lightly toasted sesame seed  
2 Tbsp rice vinegar  
2 Tbsp sesame oil  
2 Tbsp Soya Sauce

### **Directions:**

1. Peel Burdock and cut into thin slices.
2. Boil in salt water for 10 minutes, drain.
3. Cut pear into small cubes.
4. Mix all ingredients together.

### **Actions/Indications/Functions**

- Clear heat, relieve toxin, reduce swelling, treat carbuncles.
- Clear pathogenic heat, promote production of body fluid, moisten dryness
- Relieve heat type cough, Toothache, sore throat, constipation

**Champion Chicken with Goji Berries**  
**Weakness due to Illness or Surgery**

**Ingredients:**

2 tbsp Olive Oil  
2 cloves Garlic, peeled and minced  
1 (3/4 inch) piece Fresh Ginger, peeled and minced  
1 roasting Chicken, skinned and cut up OR 3-4 lbs skinless legs and/or breasts  
2 medium sized Green Onions, chopped into 1/2 inch pieces, roots and tough tips discarded  
3-4 tbsp Rice Wine or Dry Sherry  
2 tbsp Soy Sauce  
2 tbsp Goji Berries  
1 1/2 cups Water or Vegetable Stock  
1 tsp Dark Sesame Oil

**Directions:**

1. Heat oil in a pan and then add garlic and ginger and cook until garlic is golden (approx. 5 mins)
2. Place chicken, garlic, ginger, green onions, wine, soy sauce, goji berries and water in a pot
3. Bring mixture to a boil and cover and lower the heat to a simmer. Cook for about 30 minutes or until the chicken is cooked through
4. Sprinkle the sesame oil on top as a finishing touch
5. Serve in a bowl with some of the broth or on top of rice with the broth as gravy

**Actions/Indications/Functions**

- Warms the Stomach
- Tonifies Qi
- Nourishes Blood
- Strengthens Liver and Kidneys

## Chestnut and Fruit Cake (栗子蛋糕)

### Ingredients

1. 16 eggs (鸡蛋), separate egg whites and egg yolks
2. 300 g of white sugar (白糖)
3. 200 g of flour (面粉)
4. 100 g cornflour (玉米粉)
5. 100 g of chestnut flour (栗子粉)
6. 90 g of butter melted (牛油)
7. 2 tsp of vanilla extract

Divided the above ingredients into two equal portions for making 2 spongy cake bases

8. 500g of chestnut jam 500 g li zi jiang (栗子浆)
9. fresh sliced strawberry Xian cao mei (鲜草莓) right amount for decorating the cake
10. fresh sliced kiwi Xian mi hou tao (鲜猕猴桃) right amount decorating the cake
11. whipping cream right amount decorating the cake

### Utensils you need for making the spongy cakes

1. mixer with whisk attachment
2. rubber spatula
3. spring form pan 26 cm/10 inch diameter lined with parchment
4. bowl
5. sieve
6. wooden skewer

### How to make a spongy cake?

The above ingredients are using to make two spongy cakes. So we have to divide the ingredients into two equal portions. Here are the steps for making one spongy cake.

1. Preheat the oven, set the to 180 C/ 350 F
2. Mix the 8 egg yolks: place the egg yolks into the mixer and mix on high speed until creamy, after 1 min, add about 2 tbsp sugars, continue to mix until the mixture becomes thicker , then add vanilla extract, keep mixing until the mixture double in volume

Turn off mixer, transfer the egg yolk to a separate bowl

Thoroughly washing the mixing bowl the attachment, and preparation for egg white

**Useful tips:** make sure that the mixer attachment and the bowl are washed extremely clean, if not any fat that remain in these utensils will negatively affect the whipping of the egg whites

3. Whip the egg whites: place the 8 egg white in the clean mixer bowl, beat on high until white and frothy, slowly add the sugar a bit at a time, once the mixture is clings, it is ready combine the egg yolks and egg whites

4. Introduce the egg yolks to the egg white mixture, and fold them in with spatula

**Tips:** make sure do not over-mix

### **5. Complete the batter**

1. combine the flour, the cornflour and chestnut flour in sieve
2. using your hand slowly sift it into the mixture, sifting the flour will make the cake lighter
3. fold together without over-mixing
4. add the melted butter and combine

### **6. Bake**

1. using rubber spatula, transfer the batter into spring form pan, spread the batter evenly with the spatula and shake pan to remove air
2. put the cake in oven to bake for about 30 min

### **7. Remove the cake**

1. test the cake to see if it is ready, insert a wooden skewer to the center of the cake, the cake is ready if the skewer comes out butter-free
2. set aside to cool before removing from the pan
3. once the cake turns to cool, using very sharp knife and running around the edge of the cake
4. remove the spring from the pan

Take the same steps to make the second same spongy cake

### **8. Decorate the cake:**

1. remove the superficial layer (the brown portion) and the bottom layer (the brown portion)
2. apply the chestnut jam on the top of one spongy cake, then put the second spongy cake on the top of this cake
3. Combine whipping cream, the 1 tablespoon sugar, and the 1 tablespoon sherry in the chilled bowl. Beat on low speed until soft peaks form. Spread on top and sides of cake.
4. Top with fruits (strawberry, kiwi and so on) and served

**Function:**

1. Tonic blood
2. Strengthen the heart, spleen, stomach, liver and kidney
3. Promote qi and bold circulation
4. Lubricate the lung and relieve thirsty
5. Detoxification

## Chestnut Chicken

### **Ingredients:**

2 lb Chicken Leg  
20 Chestnut  
12 pc dried mushroom  
3 Tbsp Soya Sauce  
½ tsp salt  
1Tbsp Cooking rice wine  
Dash white pepper  
2 sl fresh ginger root  
Oil

### **Directions:**

1. Soak dried mushroom
2. Sheel chestnut.
3. Chopped chicken legs into 2 inch sections, add in marinate and marinate for ½ hour
4. Heat oil in a heavy pan, add in ginger, quickly brown chicken, stir fry about 1 minute
5. Add mushroom, chestnut and water just enough to cover the chicken.
6. Cover and simmer for 35-45 minutes
7. Serve hot with rice.

### **Actions/Indications/Functions**

- Tonify qi, strengthen immune system, anti-cancer, anti-infective.
- Nourish blood
- Tonify stomach spleen and kidney
- Promote blood circulation, arrest bleeding



## Soup with Chinese Yam, Lycium Fruit, Glehnia, and Polygonatum Rhizome

(淮山杞子沙参玉竹汤)

### Ingredients:

1. Huai shan (淮山) Chinese Yam 30 g
2. Gou qi zi (枸杞子) lycium fruit 15 g
3. Sha shen (沙参) glehnia 15 g
4. Yu zhu (玉竹) polygonatum rhizome 30 g
5. Lian Zi (莲子) Lotus seed 30 g
6. Bai he (百合) lily, lily bulb 30 g
7. Wu hua guo (无花果) fig 2 g
8. Sheng jiang (生姜) fresh ginger 10 g
9. An chun (鹌鹑) Quail 3

**Seasoning:** pinch of salt

### Cooking methods:

1. Rinse the Chinese herbs (items 1-6) then soak in water
2. wash the Quail and cut into pieces
3. Wash fig and fresh ginger and cut them into pieces
4. Put all ingredients in pot and add 2 liters of water. Bring to boil and then turn to medium heat. Cooking until ingredients are tender and soup thickens (around 60-90 minutes)
5. Add in seasoning and serve.

### Function:

1. Tonify qi
2. Nourish spleen, stomach and kidney yin and nourish blood
3. Calms the shen (spirit)
4. Moistens lung yin and generate body fluid
5. Prevent digestive disorders, respiratory disorders and diabetes

## Chive Stir Fried Lily Bulb (韭菜炒百合)

### Ingredients:

1. Jiu cai (韭菜) chive 1lb
2. Xian bai he (百合) fresh lily, lily bulb 3
3. Sheng jiang (生姜) fresh ginger 10 g
4. Qing cong (青葱) green onion 100 g
5. Da suan (大蒜) garlic 3 cloves
6. Sheng jiang (生姜) fresh ginger 3 slices
7. Sheng chou (生抽) soy sauce 1 tbp
8. vegetable oil 2 tsps
9. Table salt right amount

### Cooking methods:

1. Wash Chive and cut into about 2 inches long
2. Wash 3 fresh lily bulb and peel into pieces
3. Peeled garlic, cut into pieces
4. Wash green onion and cut into about 2 inches long
5. Put 2 tbsp of vegetable oil into the hot pan, then put in ginger, garlic and onion and stir-fried about 10 seconds
6. Add in chive, fresh lily bulb and soy sauce and stir-fried about 2 minute
7. Add in fresh lily bulb and stir-fried about 2 minute
8. Add ¼ cup of water and cover the lid until boiling
9. Pinch of salt and serve

### Function:

1. Tonify the liver and kidney
2. Fortify yang
3. Clear the heart, Consolidates jing (essence), Calms the shen (spirit)
4. Warm the stomach, Nourish stomach yin
5. Harmonize the middle jiao
6. Moistens the lung and arrests cough
7. Treat chronic stomach qi reversal such as vomiting, hiccups, etc.

## **Chrysanthemum Broccoli**

**Excess heat, toxic heat, dryness / Cancer prevention, recovery of chemotherapy or radiation, red eyes, dry skin, acne, headache, high blood pressure etc**

### **Ingredients:**

20g - Dried white wood ear fungus

10g (3-4 tbsp) - Dried chrysanthemum flowers

1 bunch - Broccoli, cut into bite size pieces, discarding the stem (or saving for a soup)

2 tbsp - Soy sauce

2 tbsp - Lemon juice

2 tbsp - Sesame oil

1/2 tsp - Honey, maple syrup or other natural sweetener

### **Directions:**

1. Soak the white wood ear and chrysanthemum flowers in warm water for 15 to 20 minutes, then drain. Wash the wood ear, cut off its tough fibrous base and cut into 1/4 inch wide strips.
2. In a large pot, bring to a boil enough water to cover the ingredients. Add the white wood ear, chrysanthemum flowers and broccoli, and cook, covered for 4 to 6 minutes, until the broccoli is tender but not mushy. Drain the water and let the vegetables cool. Remove the chrysanthemum flowers.
3. In a small bowl, mix together soy sauce, lemon juice, sesame oil, and honey (if using) to make a dressing.
4. In a serving bowl, toss the vegetables with the dressing. Serve at room temperature.

### **Actions/Indications/Functions**

- Clears heat
- Clears heat toxin
- Moistens body fluids
- Nourishes yin

## Chrysanthemum White Fungus and Pear Soup (菊花木耳百合梨子糖水)

### Ingredients:

• Ju Hua	菊花	Chrysanthemum	150g
• Bai Mu Er	白木耳	White Fungus	1 piece
• Fresh Bai He	鲜百合	Fresh Lily bulb	3 pieces
• Gou Qi Zi	枸杞子	Barbary Wolfberry	25g
• Shan Yao	山药	Rhizoma Dioscoreae	60g
• Li	梨	Pear	4 pieces
• Bing Tang	冰糖	Rock Sugar	

### Cooking Instructions:

- Rinse & soak Mu Er & Shan Yao in water for 30 minutes
- Clean fresh Bai He & Gou qi zi
- Peel pear and cut into small pieces
- Rinse Ju Hua and put it in a soup bag
- Boil 4 liters of water in a pot. Put the soup bag in and boil for 10 – 15 minutes
- Let stand with lid on
- Remove bag after the decoction cools down
- Add Shan Yao and cook until tender
- Add Mu Er & Gou Qi Zi and boil for another 30 minutes
- Add fresh Bai He, pear & rock sugar and bring to boil
- Serve hot or cold

### Actions/Indications/Functions:

- Nourish yin
- Tonify qi
- Clear liver , subdue yang, benefit the eyes
- Generate body fluid, moisten dryness
- Treat Xiao Ke (diabetes) syndrome
- Moisten lung to stop cough
- Nourish stomach yin and harmonize middle jiao
- Clear heat, relieve toxin
- Clear heart, calm spirit
- Recommended for patients with hypertension or diabetes

## Chuan Bei and Mint Leaf with Honey (川貝薄荷蜜)

### Ingredients:

1. Chuan Bei (川貝) Fritillaria Bulb 20g
2. Bo He (薄荷) Mint Leaf 10g
3. Honey 5 tbsp

### Cooking methods:

1. Rinse Chuan Bei. Drain and set aside.
2. Rinse mint leaves, Discard stem to prevent bitter and tangy taste.
3. Put Chuan Bei, mint leaves and 1 L of water into a double-boiling-jug. Cover jug with lid.
4. Put jug in a pot of boiling water. Simmer for 1 hour.
5. Add honey and mix well.
6. Double boil for another 10 minutes.

### Actions/Indications/Functions:

1. Clears heat, transforms phlegm, stops many types of cough
2. Expels wind heat particularly from the head region - fever, headaches, red eyes, cough, sore throat.
3. Treat chronic, yin-deficient, difficult to expectorate phlegm, blood streaked sputum; best for cough with stifling sensation in the chest.

## Cleansing Seaweed Scrambled Eggs Cleansing or Masses

### **Ingredients:**

2 tbsp Coix (Yi Yi Ren)  
1 tbsp dried, precut Wakame Seaweed  
3 Eggs  
1 tbsp Vegetable Oil (Canola/Olive)  
Pinch Salt  
Pinch Pepper

### **Directions:**

1. Soak coix in warm water for about 30 minutes, then drain
2. Boil 2 cups of water and add coix and seaweed.
3. Lower heat and simmer, partially covered, for about half an hour until ingredients are soft. Drain then set aside
4. Crack eggs into a bowl and stir. Heat oil in a pan then add eggs. Cook, stirring, until not quite done.
5. Add seaweed and coix and cook for 1-2 more minutes
6. Add salt and pepper to serve

### **Actions/Indications/Functions**

- Move stagnation
- Drain dampness

## Cucumber Fried Milk (黃瓜炒牛奶)

### Ingredients:

- |              |       |
|--------------|-------|
| 1. Cucumber  | 500g  |
| 2. Egg White | 10    |
| 3. Milk      | 250ml |

### Cooking methods:

1. Clean cucumber and cut into thin slices
2. Beat egg white until smooth and mixed with milk
3. Heat 1 tablespoon of vegetable oil in a nonstick skillet over medium-high heat until hot
4. Fry cucumber until just cooked, add appropriate amount of salt and mix well, remove and set aside
5. Heat a tablespoon of vegetable oil in the skillet, add milk and egg white mixture slowly; stirring in one direction until half cooked, add cucumber and stir-fry until cooked

### Actions/Indications/Functions:

1. Clear heat, detoxification, generate body fluid, promote urination, eliminate swelling
2. Tonify yin, nourish blood, eliminate vexation, calm mind
3. Benefit stomach, moisten dryness, nourish yin

### Caution:

- Not suitable for patient with qi stagnation in the spleen and stomach (distension of abdomen, epigastric pain, belching)

## Dang Gui Sheng Jiang Yang Rou Tang

### General/Dysmenorrhea

#### **Ingredients:**

500g mutton  
60g Dang Gui  
30g Huang Qi  
5 slices ginger

#### **Directions:**

1. Blanch mutton, drain and clean,
2. Add all ingredients in a pot with 6 C water, simmer for 2 hours.

#### **Actions/Indications/Functions**

- Tonify qi nourish blood, warm middle jiao
- treat spontaneous sweating, blood deficiency after delivery, dysmenorrhea and pain all over the body



## Dry Soy Bean Curd and Ginkgo Congee (腐竹白果粥)

### Ingredients:

1. Fu zhu (腐竹) dry soy bean curd 50 g
2. Bai guo (白果) semen ginkgo 20 pieces
3. Da mi (rice) (大米) polished round-grained rice 200 g
4. Sheng jiang (生姜) fresh ginger 5 slices
5. Qing cong (青葱) green onion 30 g

**Seasoning:** pinch of salt

### Cooking methods:

1. Dry-fried the semen ginkgo without oil until aroma
2. Rinse rice
3. Soak the dry soy curd, then cut into pieces
4. Rinse ginger and cut into pieces
5. Wash green onion and cut into small pieces
6. Put items 1-4 in pot and add 3 liters of water. Bring to boil and then turn to medium heat. Cooking until ingredients are tender (around 60-90 minutes)
7. Add the green onion into the congee, and add in seasoning and serve

### Function:

1. Tonify lung and relieve asthma
2. Strengthening spleen
3. Invigorating the middle-jiao and replenishing qi
4. Arrest wheezing and dispel phlegm
5. Relieving epigastric distention
6. Moistening dryness
7. Common used for the treatment of respiratory disorders especially effective in relieve cough and wheezing (heat type of cold or asthma)

## Dumplings with Poria (茯苓水饺)

### Ingredients:

1. Jiao zi pi (饺子皮) dumpling wrapper 2 lb
2. Shou zhu rou (瘦猪肉) lean pork 1 lb
3. Jiu cai (韭菜) chive 1lb
4. Xiang gu (香菇) Shiitake mushroom 10 pc
5. Sheng jiang (生姜) fresh ginger 10 g
6. Qing cong (青葱) green onion 100 g
7. Sheng chou (生抽) soy sauce 1 tbs
8. Sesame oil 2 tsps
9. Table salt 1 tsp
10. White sugar 2 tsps
11. Chinese brown rice vinegar (for dipping)

### Cooking methods:

1. Mince the lean pork into filling
2. Soak mushroom, rinse and chop into small pieces
3. Rinse the chive, ginger and onion and chop into small pieces.
4. Rinse the ginger and onion and chop into small pieces
5. Add mushroom, chive, ginger, onion, white sugar, table salt, sesame oil into the meat; stir to mix them thoroughly
6. Make dumplings by wrapping up some meat filling with the dumpling wrappers.
7. Boil 2 liter of water, then add the dumpling into the boiling water one by one, slowly stir them, and then cover the lid.
8. Bring to boil again, then add one cup of cold water and slowly stir the dumplings, and then cover the lid.
9. Repeat the step 7 two more times, then take the dumplings out of the water and ready to serve.

### Function:

1. Nourish the heart, tranquilizing the mind
2. Invigorating the spleen, inducing the appetite
3. Removing dampness
4. Resolving phlegm
5. Inducing diuresis to alleviate edema
6. Eat them as a regular basis can strengthen the stomach and spleen functions and improve the constitution and immunity
7. It is especially benefit for patient with poor appetite caused by spleen dysfunction, edema due to hypofunction of the spleen.

## Egg White and Almond Soup (蛋白杏仁茶)

### Ingredients:

- |  |                     |
|--|---------------------|
| 1. Egg white                           | 2                   |
| 2. Evaporated milk                     | 150 ml              |
| 3. Nan Xing (南杏) Bitter Chinese Almond | 160g                |
| 4. Bei Xing (北杏) Sweet Chinese Almond  | 20g                 |
| 5. Sugar                               | appropriated amount |

### Cooking methods:

1. Rinse bitter and sweet Chinese almonds.
2. Soak in water for 3 hours.
3. Drain and set aside.
4. Pour sweet and bitter Chinese almond into blender.
5. Add appropriate amount of water and blend to puree.
6. Strain off residue.
7. Bring almond liquid to boil.
8. Add sugar, evaporated milk and egg white and keep stirring.
9. Bring to boil over low heat.
10. Serve.

### Actions/Indications/Functions:

1. Relieving cough; soothing breathing difficulties and nourishing lung
2. Improving skin condition; enhancing skin smoothness and elasticity

## **Eight Treasure stuffed Chicken in lotus leaf**

**Yin deficiency/Diabetes, diarrhea,**

### **Ingredients:**

- 1 chicken deboned
- 1 Lotus Leaf
- 1 C sticky rice
- 10g Chi Xiao Dou
- 10g Lotus Seed
- 10g Dried Lily Bulb
- 10g Qian Shi
- 10g Yi Yi Ren
- 10g Da Zao
- 10g Mung Bean
- 10g Dried Mushroom

### **Directions:**

1. Deboned chicken and add soya sauce, salt, sugar, pepper to marinate for 1 hour.
2. Soak next 8 ingredients in water. Boil Chi Xiao Dou, Qian Shi, Yi Yi Ren for half hour or until tender.
3. Add 1 Tbsp oil and fried mushroom until fragrant, add rice and stir fry with all other ingredients, add a tablespoon of water or soaking water at a time until sticky rice is half cooked. Cool.
4. Stuff chicken with rice mixture.
5. Pour Hot Water to Lotus Leaf and soak for 5 mins
6. Wrap chicken with lotus leaf.
7. Steam for 1 hour or until rice is cooked.

### **Actions/Indications/Functions**

- Strengthen spleen and stomach, tonify liver and kidney
- Tonify qi and blood., nourish yin
- Clear summer heat and dampness.
- Eliminate toxin

**Eight Treasures Congee**  
**Qi and blood deficiency, Summer-heat and Dampness/**

**Ingredients:**

30g - Red Bean (Hong Dou)  
30g - Mung Bean (Lu Dou)  
30g - Small Red Bean (Chi Xiao Dou)  
30g - Dolichos Nut (Bian Dou)  
30g - Euryale (Qian Shi)  
30g - Job's Tears (Yi Yi Ren)  
10pc - Chinese Red Date (Hong Zao)  
10pc - Dried Longan Pulp (Long Yan Rou)  
200g - Polished Round Grain Rice (Da Mi)  
Right Amount - Brown Sugar (Hong Tang)

**Directions:**

1. Rinse the red bean, mung bean, small red bean, dolichos nut, euryale and job's tears and then soak for 30 minutes
2. Rinse dates, longan and rice and drain
3. Put all items except the sugar in 2 liters of water and bring to a boil
4. Cook for 60-90 minutes or until ingredients are tender
5. Add the brown sugar, stirring until dissolved

**Actions/Indications/Functions**

- Strengthen spleen and stomach
- Tonify qi and blood
- Clear summer-heat and dampness
- Eliminate toxins

## Eight Treasures Winter Melon Soup

### Ba Bao Dong Gou Tang 八寶冬瓜湯

#### Ingredients:

1. Winter Melon (冬瓜) White Gourd	750 g
2. Lian Zi (蓮子) Lotus Seed	10 pieces
3. Yi Yi Ren (生薏仁) Job's Tears Seed	60 g
4. Gou Qi Zi (枸杞子) Goji Berry	20 pieces
5. Chicken Leg (雞腿)	2 – 3
6. Chinese Ham (火腿)	1 slice
7. Shrimp (蝦)	10
8. Dry Chinese (Shiitake) Mushroom (冬菇)	2 – 3 pieces
9. Pork Bone (豬骨)	500g
10. Corn flour (生粉)	½ teaspoon
11. Light soya sauce (生抽)	3 teaspoons

#### Cooking methods:

1. Blanch pork bone in boiling water for a few minutes; drain, rinse with cold water
2. Wash the winter melon; remove the green skin, seeds, and the pulp. Cut into 1cm pieces
3. Soak Chinese dried mushrooms in hot water for 20 - 30 minutes until softened. Squeeze out any excess water, dice
4. Clean and soak Yi Yi Ren, Lian Zi in cold water for 30 minutes
5. Clean Gou Qi Zi and soak in cold water for 10 minutes
6. Dice Chinese ham
7. Clean chicken leg; remove skin, fat tissue and bones. Dice and season with corn flour and soya sauce
8. Clean and remove shell and intestines from shrimps
9. Place the pork bone in 2 liters of boiling water; bring to boil, and simmer for 2 - 3 hours
10. Drain the soup from 9 to remove pork bone and oil; bring to boil
11. Place the shiitake mushroom, ham, Yi Yi Ren, Lian Zi and winter melon in the soup, bring to a boil, and simmer for approximately 30 minutes or until the winter melon is tender.
12. Add Gou Qi Zi, chicken and shrimp; bring to boil and simmer for 10 minutes.
13. Season with salt if necessary
14. Add green onion for garnish. Serve hot.

#### Actions/Indications/Functions:

- Cooling, clear heat (especially summer-heat)
- Detoxify

- Quench thirst, relieve irritability
- Dispels dampness, induce diuresis
- Strengthen spleen, stomach
- Tonify qi & blood
- Commonly used to prevent and treat
  - a. spleen deficiency with dampness related fatigue, lack of energy, anorexia, and diarrhea, gynecological disorders, such as vaginal discharge with fatigue
  - b. summer-heat and dampness related syndromes, such as nausea, vomiting, diarrhea, muscle tendon, and joint pain or stiffness,
  - c. treat lung abscess characterized by purulent, thick sputum containing pus and blood, cough, nasal discharge,
  - d. it is also used to treat intestinal infectious diseases, such as appendicitis
  - e. Obesity, diabetes, UTI and particularly effective in regulating blood sugar

### **Enhance the Qi Mountain Yam Congee**

**Spleen qi deficiency/ Poor appetite, fatigue, loose stools or diarrhea, diabetes (no sugar), child malnutrition etc**

#### **Ingredients:**

1/2 pound - Fresh Chinese yam (Shan Yao)

1/2 cup - Uncooked short grain white rice

4-5 cups - Water

A pinch of salt

Condiments:

Rice vinegar, soy sauce, salt, and/or sesame oil for a savory congee.

Small amount of honey or other natural sweetener for a mildly sweet congee.

#### **Directions:**

1. Peel the Chinese yam and cut it lengthwise into halves or quarters, then widthwise into 1/8 inch slices. It has a slimy texture when raw, but will disappear when cooked.
2. Combine the Chinese yam, rice, water and salt in a medium-size pot and bring to a boil. Lower the heat and simmer, occasionally. Add a little extra water if you see the congee is drying out or becoming too thick for your taste.
3. Serve warm with the condiments of your choice.

#### **Actions/Indications/Functions**

- Tonify the spleen



**Fennel & Tangerine Salad**  
**Dysmenorrhea due to Blood Stasis & Pathogenic Cold**

**Ingredients:**

1 Fennel Bulb  
5 Tangerines  
1 Pomegranate  
¼ Red Onion  
½ Bunch Parsley  
¼ Cup Olive Oil  
1 Lemon  
Salt & Pepper (optional)

**Directions:**

1. Slice fennel & onion thinly
2. Peel tangerines
3. Seed Pomegranate
4. Chop Parsley
5. Juice Lemon
6. Place all ingredients into a bowl with the olive oil and lemon juice.
7. Add salt and pepper to taste

**Actions/Indications/Functions**

- Expel Cold
- Invigorate Blood & Qi
- Relieve abdominal pain

## Fish Fin and Vegetables Soup (鱼翅蔬菜汤)

### Ingredients:

1. Xin Xian yu chi (新鲜鱼翅) Fresh fish fin 1 lb
2. si gua( 丝瓜) Towel gourd ½ lb
3. bai luo bo (白萝卜)Radish ½ lb
4. hu luo bo(胡萝卜) Carrot ½ lb
5. Xi qin (西芹) celery ½ lb
6. Sheng jiang (生姜) fresh ginger 3-5 slices
7. Qing cong (青葱) green onion 3 pieces
8. yuan xi (芫茜), xiang cai (香菜) Herba Coriandri 50 g

**Seasoning:** pinch of salt

### Cooking methods:

1. Wash the fresh fish fin;
2. Peel Towel gourd , Radish and Carrot, wash all the vegetables and cut into pieces
3. Wash celery and cut into pieces
4. Wash green onion and cut into about 2 inches long
5. Cut up the fresh fish fin into pieces, pat dry with a paper towel;
6. Put 2 tbsp of vegetable oil into the hot pan, and then put in ginger, and fish fin into the pan, frying until both sides of the fish fin turn to brownish. Then add 2 L of water into the pan, bring to boil in high power, and then turn into median cook for 15 minutes
7. Pinch of salt and serve

### Function:

1. Nourish the kidney and liver yin;
2. Soften and disperse the lumps;
3. Clear away pathogenic heat and resolve phlegm
4. Cooling the blood
5. Detoxification
6. Relieve symptoms of febrile diseases such as fever, restlessness, thirsty
7. Relieve symptoms of phlegm retention syndrome: cough, dyspnea
8. Relieve food stagnation and regulate the middle-jiao
9. Used for febrile disease with hyperactivity of liver yang, yin-deficiency with hot flush and sweating
10. Control hematemesis, nose bleeding, diabetes, dysentery, migraine headache
11. Relieve symptoms of febrile diseases such as fever, restlessness, thirsty
12. Relieve symptoms of phlegm retention syndrome: cough, dyspnea
13. Prevention and treatment of cardiovascular disease, diabetes, menopause syndrome and tumor and cancer

## **5 element Soup**

**General/Prevent Cancer, diabetes, high blood pressure**

### **Ingredients:**

260g Burdock  
260g Radish  
260g Carrot  
50g Radish leave  
2-3 Shitake Mushrrom

### **Directions:**

1. Clean all the above ingredient and cut into large pieces.
2. Add in 6 cups water and bring to boil.
3. Turn down heat and simmer for 1 hour.

### **Actions/Indications/Functions**

- Strengthen immune system, anti-aging, prevent cancer, high cholesterol, high blood pressure and diabetes.
- Clear heat, relieve toxin, nourish 5 organs, strengthen body

## **Five Juice Drink (五汁飲)**

### **Ingredients:**

1. Asian Pear 160g
2. Water Chestnut 160g
3. Lotus Root 160g
4. Carrot 160g
5. Bamboo Sugar Cane 160g

### **Cooking methods:**

1. Rinse, peel and juice all ingredients
2. Mixed and serve.

### **Actions/Indications/Functions:**

1. Release symptoms due to insufficient body fluids such as post chemotherapy or radiotherapy
2. Reduce Urinary Tract Infection (UTI) signs such as hot burning sensation and frequent urination.

## Fleece Flower Root (Shou Wu) Congee (首乌百合粥)

### Ingredients:

1. He shou wu (何首乌) fleece flower root 30 g grounded into powder
2. Bai he (百合) Lily bulb 50 g
3. Gou qi zi (枸杞子) Lycium fruit 15 g
4. Da zao (大枣) Jujube 10 pieces
5. Da mi (rice) (大米) Polished round-grained rice 200g
6. Sheng jiang (生姜) fresh ginger 5 slices
7. Brown sugar: right amount

### Cooking methods:

1. Rinse Lily bulb, Lycium fruit, dates, and rice.
2. Put items 2~6 in pot and add 3 liters of water. Bring to boil and then turn to medium heat. Cooking until ingredients are tender (around 60~90 minutes).
3. Add the fleece flower root powder and mix well with the congee,
4. Add brown sugar into the congee; stir until the sugar is dissolved, then serve.

### Function:

1. Replenish Jing (Essence) and nourish the blood of the liver and kidney;
2. Eliminate toxin
3. Moistens lung and the intestine to relieve cough and constipation
4. Lower cholesterol, treat cardiovascular disorders
5. common used to treat blood and jing deficiency related disorders, such as
  - a. high cholesterol, hypertension and coronary heart disease
  - b. premature gray hair,
  - c. nocturnal emissions, vaginal discharge, menstrual disorders,
  - d. anemia, dizziness,
  - e. blurred vision,
  - f. tinnitus,
  - g. lower back and leg pain and weakness, and so on.

## Frog and Enoki Mushroom Rice (田雞金針菇飯)

### Ingredients:

Frog Legs	60g
Enoki Mushroom	30g
Rice	150g

### Cooking Instruction:

1. Wash Enoki mushroom and frog legs and season with sugar, salt, soya sauce, ginger, corn starch
2. Wash and cook rice until half cooked
3. Put frog legs and Enoki mushroom on top of rice, cover with lid and cook on low heat until fully cooked

### Actions/Indications/Functions:

1. Strengthen spleen, benefit stomach, detoxification
2. Promote urination, reduce swelling
3. Nourish yin

### Notes:

- This dish is very suitable for liver disease patient and is recommended to eat regularly in order to treat the disease and strengthen the body.

## Fu Shou Yu Jin Congee (佛手鬱金粥)

### Ingredients:

Fu Shou ( <i>Citrus Medica</i> )	15g
Yu Jin ( <i>Radix Curcumae</i> )	12g
Rice	60g

### Cooking Instruction:

1. Wash all ingredients and put into a pot
2. Add appropriate amount of water, bring to boil and turn to medium heat
3. Cook until become thick porridge
4. Add a pinch of salt or sugar and serve

### Actions/Indications/Functions:

1. Smooth qi, stop pain, harmonize stomach, transform phlegm
2. Invigorate blood, move qi, stop pain, release stagnation
3. Clear heart, benefit gallbladder, treat jaundice
4. Generate body fluid

### Caution:

- Not suitable for patient with deficiency cold of spleen and stomach (blend taste in the mouth, profuse saliva, cold pain in epigastria, loose or watery stools)

## **Fugus Goji Lily Bulb Salad**

**General/Hypertension, CHD, Diabetes, insomnia**

### **Ingredients:**

1 Cup black Fungus (soak for 4 hours)  
1 Cup white fungus (soak for 4 hours)  
½ Cup Goji berry (soak for 1/ hour)  
2 lily bulb  
2 Tbsp Soya Sauce  
Juice of 1 lemon

### **Directions:**

1. Blanch both fugues and cut into bite size
2. Marinate with lemon juice and soya sauce for 2-3 hours
3. Clean and separate lily bulb
4. Mix the marinated fungus, goji berry and lily bulb together.

### **Actions/Indications/Functions**

- Nourish Yin, generate body fluid
- Nourish Lung Yin, moisten dryness, stop cough
- Cool blood, prevent and treat bleeding disorder
- Tonify liver & kidney yin, brighten the eyes
- Clear Heart, treat insomnia
- Strengthen the spleen, relieve food stagnation, promote digestion



## Garlic Stir Fried Bitter Melon (蒜茸苦瓜)

### Ingredients:

1. ku gua (苦瓜) bitter melon 2 lb
2. Da suan (大蒜) garlic 3 cloves
3. Sheng jiang (生姜) fresh ginger 3 slices
4. Qing cong (青葱) green onion 60 g
5. Sheng chou (生抽) soy sauce 1 tpb

Seasoning: pinch of salt

### Cooking methods:

1. Wash the bitter melon, remove the seeds and cut the cucumber into slices, pinch 1 teaspoon of table salt on the cucumber and mix well, let it sit for 1 hour, then rinse the salt from the cucumber.
2. Peeled garlic, cut into small pieces
3. Wash green onion and cut into about 2 inches long
4. Put 2 tbs of vegetable oil into the hot pan, then put in ginger, garlic and onion and stir-fried about 10 seconds
5. Add in black fungus and white fungus and soy sauce and stir-fried about 1 minute
6. Add in celery and stir-fried about 1 minute
7. Add ¼ cup of water and cover the lid until boiling
8. Pinch of salt and serve

### Function:

1. Calming the liver and
2. clearing away heat, brighten the eyes
3. relieve thirsty
4. treatment of heat stroke, diabetes

### **Enhance the Qi Mountain Yam Congee**

**Spleen qi deficiency/ Poor appetite, fatigue, loose stools or diarrhea, diabetes (no sugar), child malnutrition etc**

#### **Ingredients:**

1/2 pound - Fresh Chinese yam (Shan Yao)

1/2 cup - Uncooked short grain white rice

4-5 cups - Water

A pinch of salt

Condiments:

Rice vinegar, soy sauce, salt, and/or sesame oil for a savory congee.

Small amount of honey or other natural sweetener for a mildly sweet congee.

#### **Directions:**

1. Peel the Chinese yam and cut it lengthwise into halves or quarters, then widthwise into 1/8 inch slices. It has a slimy texture when raw, but will disappear when cooked.
2. Combine the Chinese yam, rice, water and salt in a medium-size pot and bring to a boil. Lower the heat and simmer, occasionally. Add a little extra water if you see the congee is drying out or becoming too thick for your taste.
3. Serve warm with the condiments of your choice.

#### **Actions/Indications/Functions**

- Tonify the spleen

## **Ginger Mint Green Tea** **Clearing Heat**

### **Ingredients:**

3 ounces Ginger, sliced  
1 cup Mint Leaves  
6 bags Green Tea  
½ cup Honey  
2 tbsp Lemon Juice  
6 cups Water

### **Directions:**

1. In a large saucepan over high heat, combine ginger and water and bring to a boil
2. Remove from heat and add mint and tea bags
3. Cover pot and let steep for 15 minutes
4. Strain liquid into a large pitcher or other container.
5. Add honey and lemon juice and stir
6. Leave out until it has cooled to room temperature or refrigerate
7. Serve

### **Actions/Indications/Functions**

- Clears heat
- Harmonizes Spleen and Stomach to aid in digestion
- Soothe the Liver
- Ease thirst

## **Ginseng Notoginseng Chicken Soup**

**Essence deficiency/Alzheimer**

### **Ingredients:**

10g Ginseng  
30g Notoginseng  
30g Suan Zao Ren  
1 Chicken (~500 – 750 g)

### **Directions:**

1. Clean chicken
2. Put all ingredients in the steaming pot and add water
3. Steam 2 hours
4. Add salt to taste

### **Actions/Indications/Functions**

- Tonify qi invigorate blood
- Nourish marrow supplement essence

## He Shou Wu Sea Cucumber Soup (首烏燉海參)

### Ingredients:

He Shou Wu ( <i>Fallopia multiflora</i> )	25g
Sea Cucumber	60g
Chinese Red Date	4g

### Cooking Instruction:

1. Wash all ingredients and cut sea cucumber into pieces
2. Blanch sea cucumber in boiling water for a few minutes; drain, rinse with cold water
3. Put all ingredients in a double layer steamer, add appropriate amount of water, cover with lid and steam for 2 hours over low heat
4. Add a pinch of salt and serve

### Actions/Indications/Functions:

1. Tonify liver blood, benefit liver yin
2. Benefit qi, nourish yin, tonify kidney, strengthen yang, moisten intestine, unblock bowel, promote urination, treat jaundice
3. Tonify qi and blood, harmonize spleen and stomach

### Caution:

- Not suitable for patient with damp-heat (diarrhea, fever, abdominal pain, jaundice, bitter taste in mouth, scanty and yellow urination) or exterior syndrome with fever, headache or sore throat.

### **Heart Healthy Tea**

**Dampness, food stagnation, excess heat, blood stagnation / High cholesterol, high blood pressure, prevention of atherosclerosis, prevention of cancer etc**

#### **Ingredients:**

2 1/4 cups water

1 tsp (2g) - green tea leaves

2 tbsp (5g) - chrysanthemum flowers (Ju Hua)

1 rounded tbsp (10g) - Hawthorn berries (Shan Zha)

Honey or other natural sweetener to taste

#### **Directions:**

1. In a small pot boil the water.
2. Combine the tea, chrysanthemum flowers, hawthorn berries and boiled water in a saucepan or teapot.
3. Steep for 5 to 10 minutes, until the desired strength, then strain.
4. Add honey to your cup, if desired.
5. Keep filling the pot or teapot with hot water throughout the day, making new cups of tea to drink to quench your thirst.

#### **Actions/Indications/Functions**

- Drains dampness
- Relieves food stagnation (especially good for digestion of fat)
- Clears heat
- Moves the blood

## Honey coated Walnut

**Yin deficiency/constipation**

### **Ingredients:**

500g Walnut

500g honey

### **Directions:**

1. Stir fry and cook walnut
2. Mix with honey.

### **Actions/Indications/Functions**

- Nourish yin, moisten intestine, good for constipation
- Tonify lung, kidney, good for deficiency asthma

## **Invigorate Blood Tea Egg**

**Yang deficiency/CHD, Angina**

### **Ingredients:**

15g Dan Shen  
15g Hong Hua  
10g Tao Ren  
20 chicken eggs

### **Directions:**

1. Place all the ingredients in a pan with enough cold water to cover.
2. Bring the water to a boil, then reduce heat to low and let the eggs simmer for 10 minutes, or until they are hardboiled.
3. Take the eggs from the pan and refresh the eggs in cold water.
4. Drain the eggs and lightly tap and role the shells on a hard surface to crack them. Do not remove the shell.
5. Put the cooked eggs back to the same pan simmer with the same mixture for 30 minutes.
6. Turn off the heat and let the eggs sit in the tea mixture until they are cool enough to handle. Remove the shell and serve the eggs warm or cold.

### **Actions/Indications/Functions**

- Invigorate blood, disperse stasis



## **Kelp, Black Fungus Stew with Yellow Soy Bean (昆布云耳焖黄豆)**

### **Ingredients:**

1. Hai dai (海带) kelp 50 g
2. Yun er (云耳) black fungus 30 g
3. Xian Gu (香菇) mushrooms 10 pieces
4. huang dou (黄豆) yellow soy bean 200 g
5. Sheng jiang (生姜) fresh ginger 3 slices
6. Qing cong (青葱) green onion 60 g

**Seasoning:** pinch of salt, sugar, sesame oil, soy sauce

### **Cooking methods:**

1. Soak the kelp in water for 60 minutes, rinse, and cut into small pieces.
2. Soak black fungus for 30 minutes and rinse
3. soak the mushrooms for 30 minutes, rinse and cut into pieces
4. Rinse the yellow soy bean
5. Wash green onion and cut into about 1 cm long
6. Put the kelp, black fungus, mushrooms, soy bean and ginger slices in a pot and add 2 cups of cold water. Bring to boil and then turn to medium heat. Cooking until ingredients are tender (around 60 minutes).
7. Seasoning with green onion, pinch of salt, sugar, sesame oil, soy sauce and serve.

### **Function:**

1. Cold the blood and hot syndrome
2. Arrest bleeding
3. Soften hardness
4. Promote functional activity of ST, regulate qi flow,
5. Calming mind,
6. Dextoxification,
7. anti-nausea and vomiting, anti-diarrhea,
8. lower blood cholesterol, blood pressure and blood sugar
9. Weight loss
10. Common use to prevent and treat
  - a. cardiovascular disorders, such as hypertension, heart disease, stroke
  - b. stop internal bleeding, such as GI bleeding and vagina bleeding
  - c. promote the immunity and reduce risk of breast/colon/prostate cancer,
  - d. control diabetes,
  - e. prevent osteoporosis, relieve menopausal symptoms
  - f. Benefit for patients with goiter, hiccupping, difficulty swallowing, edema and pain of testes, vaginal discharge and so on

## **Lily flower with meat cake**

### **General/promote lactation**

#### **Ingredients:**

50g lily flower  
200g lean ground pork  
1 stalk green onion  
1 tsp soya sauce  
½ tsp salt

#### **Directions:**

1. Chopped lily flower and mix with rest of ingredients, make into flat patty.
2. Steam for 15 minutes,

#### **Actions/Indications/Functions**

- Nourish kidney, blood, promote lactation
- Treat lower back pain, tinnitus due to kidney deficiency, lack of lactation

## **Lotus Seed & Longan Porridge**

### **Anemia**

#### **Ingredients:**

5-8 Lotus Seeds, cored  
5-8 Longan Fruits, peeled and cored  
1 small handful round grain rice

#### **Directions:**

1. Place ingredients and 2 cups of water in a pot
2. Bring water to a boil
3. Reduce heat and simmer, partially covered, stirring occasionally to keep rice from sticking
4. Cook until rice becomes very tender and liquid becomes thick (30-40 minutes)
5. Serve warm

#### **Actions/Indications/Functions**

- Tonifies Qi

## Mian Yin Chen Congee 綿茵陳粥

### Ingredients:

- |   |     |
|---|-----|
| 1. Yin Chen Hao (茵陳蒿) Oriental Wormwood | 60g |
| 2. Geng Mi (梗米) Non-glutinous Rice      | 60g |

### Cooking methods:

1. Rinse Yin Chen Hao then soak in 6 cups of water for 30 minutes. Boil for 30 minutes. Remove dregs.
2. Rinse and put rice in a pot and add the decoction from step 1. Bring to boil and then turn to medium heat. Cooking until the rice is tender.
3. Add appropriate amount of seasoning into the congee. Serve warm.

### Function:

1. Clear heat, eliminate toxins
2. Benefit gall bladder, eliminate jaundice
3. Commonly used for acute hepatic jaundice

## Minute Meal

### **Emotional, Menopause, Cancer, Skin Conditions**

#### **Ingredients:**

1-2 tsp Brown Sesame Seeds

1 ½ cup Water

1 rounded tsp Green Tea Leaves or 1-2 teabags

2 Eggs

1 tbsp dried precut Wakame Seaweed (optional)

1/3 cup shelled/frozen Peas

5 medium sized Spinach leaves or other greens, well washed, stems discarded, chopped into 3 inch pieces

1 ½ cups Cooked Rice, preferably brown

1-1 ½ tbsp Soy Sauce

Chili Pepper (optional to taste)

#### **Directions:**

1. If sesame seeds aren't already roasted, toast the sesame seeds by putting them in a wide skillet over medium heat, shaking the pan occasionally. Continue frying until fragrant (3-5 mins). Remove the seeds from the hot skillet so they don't over cook and set them aside
2. Boil about 1 ½ cups of water, turn off heat and then add the tea. Let tea steep for 3-5 minutes or until the desired strength, then strain out tea or remove teabags
3. In a small saucepan, bring about 2 cups of water to a boil. Add eggs, wakame and peas. Cook for about 3 minutes or until the white of the egg is cooked but the yolk is still runny. Add the spinach and cook for 30 seconds, until the leaves are wilted. Turn off the heat
4. Place rice in serving bowls. With a slotted spoon, remove the poached eggs and other cooked items from the pot and arrange them on top of the rice
5. Pour tea over the rice and other ingredients. Add soy sauce to taste
6. Sprinkle sesame seeds on top to garnish and serve with chili pepper on the side if desired

#### **Actions/Indications/Functions**

- Strengthens Qi
- Clears heat
- Drains dampness

## Mixture of Amomum Fruit and Lotus Root Powder (砂仁藕粉)

### Ingredients:

1. Sha ren fen (砂仁粉) amomum powder 1.5 g
2. Mu xiang fen (木香粉) Aucklandia powder 1g
3. Lian ou fen (莲藕粉) Lotus root powder 100g
4. Hong tang (红糖)  
brown sugar 1tbsp

### Cooking Method:

1. 100g lotus root powder, amomum powder, and Aucklandia powder mixed with 2 cup cold water
2. boil 2 liter of water and then add sugar and stir to dissolve
3. Slowly add water chestnut powder mixture into the wok, turn heat under wok to low. Stir mixture continually in one direction for 5 to 7 minutes, until mix is very thick and pasty.

### Function:

1. Tonify kidney and consolidate jing (essence), stabilize fetus during pregnancy period
2. Nourish the heart and calm the shen (spirit)
3. Regulate qi, Unblock qi stagnation, regulates the middle jiao and relieve pain, dispels damp-heat,
4. harmonizes the liver and spleen, prevents stagnation.
5. Dissolve dampness, strengthens and spleen, warm the middle jiao, stop diarrhea,
6. Stabilizes pregnancy.
7. common used to treat
  - a. cardiovascular system disorders: such as hypertension, high cholesterol, heart disease
  - b. Nervous system disorders: insomnia, anxiety, headache, and so on
  - c. Reproductive system disorders: menstrual pain, vaginal discharge, stabilize the fetus during pregnancy period.
  - d. Urinary system disorders, such as UTI, urinary stone
  - e. Digestive system disorders: gastritis, peptic ulcer disease, enteritis, ulcerative colitis and so on

## Mung Bean and Kelp Sweet Soup (绿豆海带糖水)

### Ingredients:

1. Hai dai (海带) kelp 50 g
2. Lu dou (绿豆) mung bean 200 g
3. Sheng jiang (生姜) fresh ginger 10 g
4. Bing tang (冰糖) crystal sugar: a specific amount

### Cooking methods:

1. Soak the kelp in water for 60 minutes, rinse, and cut into small pieces.
2. Rinse the mung bean
3. Put the kelp, mung bean and ginger slices in a pot and add 4 liters of cold water. Bring to boil and then turn to medium heat. Cooking until ingredients are tender (around 60 minutes).
4. Add the sugar; stir until the sugar is dissolved.

### Function:

1. Cold hot syndrome, clear away pathogenic heat and summer heat
2. Induce diuresis
3. Loss weight
4. Prevent hypertension, high cholesterol and coronary heart disease
5. Detoxification

## **Pan Fried Bitter Melon and Potatoes**

**Excess heat, damp-heat, edema / Skin rash, acne, heartburn, swelling etc**

### **Ingredients:**

- 1 medium size - Bitter melon (Ku Gua)
- 2 tbsp - Vegetable oil, canola, grape seed, coconut or olive
- 2 tsp - Turmeric
- 2 cloves - peeled and minced
- 1 medium size - Onion, cut into 1/2 inch chunks
- 2 medium size - Potatoes , cut into 1/2 inch chunks
- Salt to taste

### **Directions:**

1. Cut the bitter melon in half lengthwise and scoop out the seeds with a spoon. Cut it in half lengthwise again, then slice into 1/2 inch pieces across its width.
2. Heat the oil in a large saute pan, then add the turmeric, then the garlic, onions, potatoes and bitter melon.
3. Cook covered over medium heat, stirring occasionally, for about 20 minutes, or until the potatoes are cooked through. Add the salt to taste.

### **Actions/Indications/Functions**

- Clears heat
- Clears damp-heat
- Promotes urination to reduce edema



## **White Fungus and Pear Soup**

**Yin Deficiency/ Diabetes, hypertension, febrile disease, poor appetite, constipation, cough, restlessness, thirst**

### **Ingredients:**

30g - White fungus (Mu Er)  
2 - Pear (Xue Li)  
10pc - Chinese Red Date (Hong Zao)  
2 - Fig (Wu Hua Guo)  
10g - Fresh Ginger  
Right Amount - Crystal Sugar (Bing Tang)

### **Directions:**

1. Rinse the white fungus, soak in water for 30 mins and then trim off the hard bottom
2. Rinse Figs and cut into 2 pieces each
3. Rinse the pear and cut into small pieces
4. Rinse the red date
5. Add all ingredients except the pear and sugar into a pot with 2 liters of cold water
6. Bring to a boil then cook on medium heat for 30 minutes or until ingredients are tender
7. Add pear and simmer another 15 minutes
8. Add the crystal sugar, stir until dissolved

### **Actions/Indications/Functions**

- Nourish stomach yin and generate fluids
- Nourish lung yin
- Promote circulation of body fluids, moistens dryness
- Clear pathogenic heat, relieve phlegm
- Anti-aging

## **Perilla Roasted Drumsticks**

**Diabetes, Stomach Cramps, Nausea**

### **Ingredients:**

2 tsp Olive Oil  
½ cup White Wine  
4 tbsp Soy Sauce  
Pinch Salt  
1 (1 inch) piece Fresh Ginger, peeled and minced  
4 cloves Garlic, peeled and minced  
8 Chicken Drumsticks (approx. 3 lbs)  
8 fresh Perilla Leaves (Zi Su Ye)

### **Directions:**

1. Preheat oven to 350°F. Rub a roasting pan with olive oil
2. Mix wine, soy sauce, salt, ginger and garlic in a large bowl
3. Wrap each drumstick with a perilla leaf and marinate the drumsticks in the liquid mixture for at least 30 minutes, turning the drumsticks over after 15 minutes so both sides have a chance to absorb the sauce
4. Place drumsticks on oiled pan and bake for about 40 minutes or until done

### **Actions/Indications/Functions**

- Harmonizes Spleen and Stomach
- Tonifies Qi
- Nourishes Blood

## **Pork Back Bone with Apple and Pear Soup (雪梨苹果猪骨汤)**

### **Ingredients:**

1. Ping guo (苹果) apple 1
2. Li (梨) pear 1
3. Zhu ji g u (猪脊骨) Pork back bone 1 lb
4. Wu hua guo (无花果) fig 2
5. Sheng jiang (生姜) fresh ginger 3 slices

**Seasoning:** pinch of salt

### **Cooking methods:**

1. Rinse apples and pears, and then cut into pieces. Discard the seeds
2. Scald pork back bone in boiling water for a while. Dish up. Rinse figs
3. Put all ingredients in pot and add 2 liters of water. Bring to boil and then turn to medium heat. Cooking until ingredients are tender and soup thickens.
4. Add in seasoning and serve.

### **Function:**

1. Moisturize the lung, relieve heat type cough and relieve phlegm
2. Remove summer heat and clear away pathogenic heat
3. Tone the kidney and nourish the blood
4. Replenishing yin-essence and moisten dryness of the viscera
5. Promote the production of body fluid
6. Relieve restlessness and thirsty
7. Promote functional activity of stomach
8. Dispel the effect of alcohol

## **Pu Gong Ying (Dandelion) Congee 蒲公英粥**

### **Ingredients:**

1. Pu Gong Ying (蒲公英) Dandelion 30 g (fresh 60g)
2. Geng Mi (梗米) Non-glutinous Rice 60g

### **Cooking methods:**

1. Rinse Pu Gong Ying then soak in 6 cups of water for 30 minutes. Boil for 30 minutes. Remove dregs.
2. Rinse and put rice in a pot and add the decoction from step 1. Bring to boil and then turn to medium heat. Cooking until the rice is tender.
3. Add appropriate amount of seasoning into the congee. Serve warm with an empty stomach.

### **Function:**

1. Clear heat, eliminate toxins
2. Benefit gall bladder, eliminate dampness
3. Anti-bacterial and anti-inflammatory
4. Commonly used for jaundice and inflammation of bile duct.

## Ge gen bao shou rou (葛根煲瘦肉)

### Pueraria root and pork soup

#### Ingredients:

1. Xian ge gen (鲜葛根) fresh pueraria root 1 lb
2. Shou zhu rou (瘦猪肉) lean pork ½ lb
3. Shen jiang (生姜) fresh ginger 10 g
4. Wu hua guo (无花果) fig 2 pieces

**Seasoning:** pinch of salt and pepper

#### Cooking methods:

1. Peeled the fresh pueraria root, rinse and cut into pieces
2. Scald pork in boiling water for a while. Dish up.
3. Rinse figs and ginger, cut the ginger into pieces
4. Put all ingredients in pot and add 3 liters of water. Bring to boil and then turn to medium heat. Cooking until ingredients are tender (around 1 hour).
5. Add in seasoning and serve.

#### Function:

1. Tonify qi and blood
2. Dispel wind from the exterior
3. Clear heat, generate fluids
4. Lift yang qi and anti-diarrhea
5. Relax skeletal muscles
6. Treat and prevent hypertension, coronary heart disease, headache, neck stiffness, tinnitus, dizziness and sudden deafness

## Pumkin beef stew

**General/Diabetes, high blood pressure**

### **Ingredients:**

508g stewing beef  
518g pumkin  
1/2 onion  
2 slices ginger  
2 Tbsp Hosin sauce  
1 Tbsp white vinegar  
1 Tbsp Cooking wine  
1/3 Tbsp salt

### **Directions:**

1. Clean and cut all ingredients into bite size.
2. Blanch beef
3. In a pot, add 5 C water, beef, ginger, cover and bring to boil.
4. Add remaining sauce ingredients, cook 45 minutes in medium heat
5. Add onion and pumkin and cook for another 20 mins.
6. Add salt and serve

### **Actions/Indications/Functions**

- Nourish blood
- Detox and Purge npwel
- Moisten lung, benefit qi, stop cough
- improve immune system, prevent cold
- Moisten skin, clear acne

## **Pumpkin Porridge**

### **Asthma**

#### **Ingredients:**

1-2 Pumpkins, juiced to get 2 cups of pumpkin juice  
1 small handful Malt  
1 Tbsp Ginger Juice

#### **Directions:**

1. Wash and dry malt, then place malt and pumpkin juice in a pot
2. Bring to a boil
3. Reduce heat with the pot partially covered and simmer for about 40 minutes, cooking down liquid to 1 cup.
4. Add ginger juice and cook for another 5 minutes
5. Serve porridge warm

#### **Actions/Indications/Functions**

- Clear Cold & Phlegm

## Qi Ju Jue Ming Zi Tea

**General/Wind Stroke, hypertension, high cholesterol**

### **Ingredients:**

10g Jue Ming Zi  
1 tsp Gou Qi Zi  
5 Chrysanthemum flowers

### **Directions:**

1. Clean Jue Ming Zi, low heat pan fry until fragrant and popping sound
2. Combine all ingredients and pour in hot water
3. Steep for 15 minutes

### **Actions/Indications/Functions**

- Clear liver fire, nourish yin, brighten eyes
- Lower blood pressure
- Lower cholesterol



## Qi Zao Bun

### Qi deficiency/Fatigue

#### **Ingredients:**

300g Huang Qi  
300g Da Zao  
100g Shan Yao powder  
100g Fu Ling powder  
100g Flour  
300g Sugar  
1 pkg yeast

#### **Directions:**

1. Mix Shan Yao and Fu Ling with water, steam for ½ hour.
2. Prepare yeast dough and mix in Shan Yao Fu Ling mixture, let it rise.
3. Boil Huang qi for 30 minutes, add Da Zao and boil 10 mins. Strain Da Zao, remove skin and seed, mesh into paste for filling.
4. Prepare bun and steam.

#### **Actions/Indications/Functions**

- Tonify qi nourish blood.
- strengthen spleen, benefit qi, resolve phlegm

## Radish Cake (萝卜糕)

### Ingredients:

1 radish (approx. 500g)  
1 cups water  
30 g Chinese sausages, skinned then diced  
3 pc shiitake mushrooms, soaked till soft then diced  
10g dried shrimps, soaked till soft then roughly chopped  
50 g green onion, diced  
3 clave garlic, cut into small pieces  
3-4 tbsp oil, for frying  
Extra oil for greasing  
150g rice flour

### Seasoning:

1 tsp salt  
1 tsp sugar  
Few drops of sesame oil

### Method:

1. Skin and cut radish with a knife to long thin strips. Place radish with 1 cups of water in a pot. Bring to a boil, reduce heat and simmer until radish is soft. Let cool.
2. Clean and grease a pan with oil.
3. Clean and soak both dried shrimps and dried mushrooms until soften. Chop dried shrimps slightly. Cut mushrooms into small cubes.
4. Soak chinese sausages in water to ease the removal of casing. Cut sausages into small cubes.
5. Heat up oil in a pan/wok. Fry garlic and onion until fragrant. Add in Chinese sausages, mushrooms and dried shrimps and continue to fry until fragrant. Season with the seasoning ingredients. Set aside to let cool a little.
6. Drain cooked radish well. Save and obtain approx. 200ml of the juice from the boiling of radish. Pour away the excess or top up with water if not sufficient.
7. Combine rice flour and wheat starch in a large mixing bowl. Pour radish juice and mix with a hand whisk to obtain smooth batter. Add cooked radish and the rest of the fried ingredients into the batter. Mix well. Pour mixture into the greased pan.
8. Steam over rapid boiling water for 1 hour or until chopstick inserted into radish cake comes out clean.
9. Remove from steamer and let cool completely before slicing. Reheat in steamer or microwave. Serve with hoisin sauce (tim jiong). Alternatively, pan fry with some oil until golden brown.

**Notes:**

1. The portion of water to radish is important in determining the texture of the final product. I always give flexibility to my students when I teach so I will do the same here. The above suggested amount of the water serves as a guide for a texture that I think is good. Try it out and adjust to your family's preference. At the end of the day, your family members will be the ones who are going to appreciate your goodies :)
2. Add cooked radish to form a batter while it is still hot so that a thick nice paste is formed before steaming.
3. To save time, it is actually a more common practice to shred the radish with a shredder. Cutting, instead of shredding, the radish does improve the texture of the radish cake. Again, cutting is an alternative way from me for your consideration.

**Functions:**

- 1) Relieve food stagnation
- 2) Clear away phlegm-heat
- 3) Keep the adverse qi flowing downward
- 4) Regulate the middle-jiao
- 5) Detoxification
- 6) Used to treat food stagnation, turgor, cough, aphonia caused by accumulation of phlegm
- 7) Control hematemesis, nose bleeding, diabetes, dysentery, migraine headache

# Radish, Mushroom, Black Fungus and Chicken Soup (萝卜, 冬菇, 云耳 煮 鸡汤)

## Ingredients

1. Ji tui (鸡腿) chicken leg 2
2. luo bo (萝卜) Radish 1lb
3. Yun er (云耳) black fungus 30 g
4. mushroom (mo gu 蘑菇) 5 pcs
5. Da suan (大蒜) garlic 3 cloves
6. Sheng jiang (生姜) fresh ginger 3 slices
7. Qing cong (青葱) green onion 10 g
8. Sheng chou (生抽) soy sauce 1 tbp

**Seasoning:** pinch of salt

## Cooking methods:

1. Soak black fungus and mushroom for 30 minutes and rinse, then cut into small pieces.
2. Wash the chicken legs and cut into small pieces.
3. Peeled the garlic, cut into pieces
4. Wash green onion and cut into small pieces
5. Peeled the radish, cut into pieces
6. Mix the chicken, black fungus, mushroom, ginger and garlic with 1 tablespoon of soy sauce and pinch of salt.
7. Put 2 liter of water, 2 tbsp of vegetable oil into the pan and bring to boil, then put the mixture into the boiling water, cover the lid and bring to boil, and then add the radish into the pot, cover the lid and bring to boil.
8. Add the green onion. Turn of the power.
9. Pinch of salt and serve

## Function:

1. Tone the liver and kidney
2. Nourish yin and relieve fever, clear heat, produce fluids
3. Relieve food stagnation
4. Clear away phlegm-heat
5. Detoxification
6. Keep the adverse qi flowing downward
7. Harmonize the middle jiao of the body and strengthen the spleen,
8. Enhance the digestive function, promote urination and defecation.
9. The minerals and electrolytes such as calcium, magnesium, sodium and potassium help to maintain the acid-base balance of our body.
10. This medicated diet mainly use to prevent and treat food stagnation, caused by accumulation of phlegm; IBD, IBS and so on.
11. Control hematemesis, bleeding, diabetes, dysentery, migraine H/A

## **Rice Wine and Balls of Unity (汤圆)**

Tang Yuan, made from glutinous rice, sugar, red bean or black sesame or peanut, and vegetable oil, originated from the Eastern Jin Dynasty period. Served boiled in sweet ginger flavoured syrup, it is traditionally eaten to mark the beginning of the winter solstice and also on the 15th day of the 1st Chinese lunar month. While many legends surround the Tang Yuan, in Malaysia it has come to symbolise family unity, completeness and happiness, which is why it is also commonly served during auspicious occasions.

### **Ingredients:**

- Tian Jiu Liang 900 g
- 1 cup glutinous rice flour
- 4 ounces water
- Brown sugar to taste
- Food coloring (optional)
- Fresh ginger (optional)

### **Preparation:**

#### **How to make Tian Jiu Liang and rice wine?**

1. Take 500g of glutinous rice and soak in water for a few hours
2. Either steam or cook the glutinous rice
3. Once the rice is ready, cool it till about 30degC
4. Then mix the yeast powder evenly into the cooked rice
5. Press the rice and make a hole in the centre, it is to make the rice wine flow to the centre later.
6. Cover with the lid and keep it for about 36 to 48 hrs in summer time

The steps are easy. The key point is not be contaminated by the dirty or oily hands or utensils, which may cause the bad fungus grow.

### **How to make Tong Yuan?**

1. Pour the glutinous rice flour in a bowl and slowly add water until the mixture becomes the texture of dough. You may not need the entire 4 ounces of water to reach the proper consistency. Knead the dough for about 5 minutes. You can divide the dough in half and add food coloring to one half.
2. Pinch off pieces of the dough and roll it into small balls.
3. Tong Yuan can also be stuffed with a paste made from peanut butter, black sesame seeds or red beans.

### **How to cook Tian jiu Tong Yuan?**

1. put the rice wine into a pot and add 2 liters of water, brown sugar and gingers and bring to boil.
2. Drop the balls into boiling water and cook them until they float - about 5 to 10 minutes and serve.

### **Functions**

- 1) Invigorating the middle-jiao and replenishing qi,
- 2) Strengthening the spleen and regulating the stomach,
- 3) Promote blood circulation
- 4) Relieving thirst and restlessness
- 5) Arresting dysentery and diarrhea.

## **Sang Ji Sheng Ox Tail Soup**

**General/High blood pressure**

### **Ingredients:**

640g Ox Tail  
120g Sang Ji Sheng  
5g Ginger  
6 Cups water

### **Directions:**

1. Blanch ox tail, drain and clean,
2. Add all ingredient in pot, bring to boil and simmer for 4-6 hours

### **Actions/Indications/Functions**

- Nourish liver, kidney
- Strengthen tendon and bone
- Lower blood pressure, cholesterol
- Benefit blood calm fetus
- treat back pain, arthritis

## Sesame-Lotus Root Salad

**Qi and blood deficiency, spleen qi deficiency, kidney deficiency/ Low energy, dizziness, menopause, diabetes, postpartum, used to slow the graying of hair or hair loss etc**

### **Ingredients:**

- 2 tbsp - Vinegar
- 1 section - Lotus root
- 1 tbsp - Brown sesame seeds
- 1 tbsp - Dark sesame oil
- 1 inch piece - Fresh ginger
- 2 cloves - Garlic
- 2 - Green onions, chopped into 1/4 inch pieces, roots and ends cut off
- 1 tbsp - Soy sauce

### **Directions:**

1. Place enough water in bowl to cover the lotus root and add the vinegar.
2. Peel the lotus root, remove and discard the knobby ends, and slice the root thinly across the width, placing each slice in the vinegar mixture immediately so the lotus root does not discolour.
3. Heat the sesame oil in a frying pan or wok.
4. Add the ginger and garlic and cook until fragrant (10 seconds to 1 minute).
5. Drain the lotus root slices, then add them to the wok and cook, stirring frequently and making sure both sides get browned, over medium high heat until the lotus root slices begin to look translucent, about 3 minutes.
6. Add the white part of the green onion, and cook for another 2 minutes or until the lotus root is done.
7. Add the soy sauce, sesame seeds, and remainder of the green onion and stir well. Serve.

### **Actions/Indications/Functions**

- Nourish blood
- Strengthen the spleen
- Strengthen the kidneys



## **Ammonium and Lotus Root Powder (Sha Ren Ou Fen)**

### **Qi stagnation/Dysmenorrhea**

#### **Ingredients:**

- 1.5g - Ammonium Powder (Sha Ren Fen)
- 1g - Aucklandia Powder (Mu Xiang Fen)
- 100g - Lotus Root Powder (Lian Ou Fen)
- 1 L - Water
- 1tbsp - Brown Sugar (Hong Tang)

#### **Directions:**

1. Mix the powdered ingredients into a small amount of cold water.
2. Slowly mix the water and powder mixture into boiling water.
3. Drink/eat while it is warm.

#### **Actions/Indications/Functions**

- Move qi
- Transform dampness
- Strengthen the spleen
- Stop pain
- Nourish blood
- Clears heat
- Stops excessive bleeding

## Soup with Glehnia Root, Ginkgo Bilobae and Chicken (沙参白果雞湯)

### Ingredients:

1. Sha shen (沙参) Glehnia Root 80 -100 g
2. Bai Guo (白果) Ginkgo Bilobae 8 pieces
3. Huai shan (淮山) Chinese Yam 100 g
4. Hong Zao (紅棗) Jujube 10 pieces
5. Gou Qi Zi (枸杞子) Lycium Fruit 15 g
6. Chicken (雞) 1
7. Pinch of salt

### Directions:

1. Clean the chicken and cut into half.
2. Blanch chicken in boiling water for a few minutes. Drain, rinse with cold water & set aside.
3. Rinse the Chinese herbs (items 1-5).
4. Place blanched chicken and the rest of the ingredients in 3 liters of boiling water. Boil on high heat for 10 minutes.
5. Turn to low heat and simmer for 2 hours.
6. Season with salt if necessary and serve.

### Actions/Indications/Functions:

1. Nourish yin, clear heat, moisten the lungs
2. Nourish stomach and generate fluids
3. Effect on fatigue, listless, poor appetite, asthma

### Caution:

Raw ginkgo nuts are toxic. Over consuming can cause vomiting, pain in the abdomen, diarrhea, muscle spasm, anxiety and difficulty in breathing.

## Shan Yao Cake

**Qi deficiency/Diarrhea, Overweight, Diabetes**

### **Ingredients:**

750g Chinese Yam (Shan Yao)

1pc Potato

1-2 stalk green onion

1/4C water

5 Tbsp Rice Flour

Dash of salt

White sesame seed

Filling:

30g Dried Mushroom, soaked for 1 hour

85g Fresh Lotus Seed

1 med Onion

½ tsp soya sauce

Dash of salt

oil

### **Directions:**

1. Steam Chinese yam and potato for ½ hour or until cooked, peel and mash.
2. Add chopped green onion, dash of salt, 1/4C water, 2 Tbsp flour, mix together.
3. Stir fry chopped onion with oil until soft and fragrant, add in drained and chopped mushroom, lotus seed and stir fry for 2 min.
4. Add in the liquid that the mushroom is soaked in, turn to low heat and simmer for 20 mins or until all the liquid are absorbed.
5. Add a thin layer of sesame seeds on a plate, dust hand with flour, put a tsp of filling on a layer of mashed shan yao and make into cake shape, dust with flour and sesame seed on outside.
6. Pan fry both sides until golden brown – make 8-10 cakes.

### **Actions/Indications/Functions**

- Tonify spleen strengthen body, strengthen immune system
- Good for poor appetite, loose stool and diarrhea
- Tonify kidney, Astringe essence, stop leucorrhea
- Nourish heart and clam spirit
- Nourish yin, moisten dryness

## Shan Yao Gou Qi with Bitter Melon

General/diabetes, high cholesterol

### **Ingredients:**

50g lean pork  
50g bitter melon  
20g Shan Yao  
20g Gou Qi Zi  
5g green onion  
5g ginger  
2g salt  
1g white pepper  
½ c chicken stock

### **Directions:**

1. Clean and slice Shan Yao, bitter melon and pork.
2. Chopped ginger and green onion
3. Heat 1 Tbsp oil and stir fry pork, ginger and green onion until fragrant.
4. Add in ½ cup chicken stock, Shan Yao, Gou Qi Zi and rest of seasoning, bring to boil
5. Simmer for 10 minutes, stir in bitter melon.

### **Actions/Indications/Functions**

- Nourish kidney, strengthen spleen
- Suitable for high cholesterol and diabetes

## **Silver Wrapped Fish with Tangerine Peel**

### **Low Energy, Cough, Abdominal Pain**

#### **Ingredients:**

- 1 large piece (0.15 oz/4g) Dried Tangerine Peel (Chen Pi); 1 tbsp shredded pieces
- 1 lb Mild Fish (Mahi Mahi, Halibut, Haddock)
- 1 tbsp Kudzu/Arrowroot/Cornstarch/Thickener
- 2-3 tbsp cold Water
- ¼ tsp Salt
- ¼ tsp Pepper
- 2 tbsp Soy Sauce
- 1 tbsp Olive Oil
- 1 (1 inch) piece Fresh Ginger, peeled and grated or minced
- 1 medium sized Green Onion, chopped into ¼ inch pieces, roots and rough tips discarded

#### **Directions:**

1. Preheat oven to 350°F
2. Soak dried tangerine peel in warm water until soft (15 mins). Remove from water. If necessary, scrape off white pith and cut peel into small pieces
3. Place each piece of fish on a separate piece of aluminum foil
4. In a small bowl, mix thickener with cold water and brush this mixture over the fish. Season the fish with salt, pepper, soy sauce and olive oil.
5. Place ginger, green onion and dried tangerine peel on top
6. Fold aluminum foil around the fish and securely roll the edges together to make a sealed package. Use two pieces of foil if necessary to seal or cover any rips in the foil
7. Place aluminum packets on a baking pan or cookie sheet and bake for about 15 minutes or until cooked

#### **Actions/Indications/Functions**

- Strengthens Spleen and Lung Qi

## Small Red Bean Soup 赤豆酒釀蛋汤

### Ingredients:

1. Chi Xiao Dou (赤小豆) Aduki Bean 50g
2. Sweet fermented glutinous rice 糯米甜酒釀 250g
3. Chicken egg 4

**Seasoning:** brown sugar

### Cooking methods:

1. Rinse Chi Xiao Dou then soak in 1 liter of water for 30 minutes
2. Put Chi Xiao Dou in a pot and add appropriate amount of water. Bring to boil and then turn to medium heat. Cook until the beans are tender
3. Add the fermented glutinous rice and bring to boil
4. Remove shell from eggs and add to pot. Boil with low heat until eggs are cooked
5. Add brown sugar to taste

### Actions/Indications/Functions:

1. Replenish qi, nourish blood
2. Remove stagnation, unblock breast;
3. Used for hypogalactia, postpartum anemia

## Soothing Shrimp with Asparagus and Goji Berries

### **Fatigue, Menopause, Depression**

#### **Ingredients:**

2 tbsp Goji Berries  
3 tbsp Rice Wine  
2 tbsp Sesame Oil  
1 (1/2 Inch) piece Fresh Ginger, peeled and minced  
2 cloves Garlic  
¾-1 lb medium sized Shrimp, shelled and deveined  
1 lb Asparagus, cut into 1 inch pieces, hard white ends discarded  
2 tsp powdered Kudzu/Arrowroot/Cornstarch/Thickener  
1 ½ tbsp Water  
1 tbsp Soy Sauce

#### **Directions:**

1. Cover goji berries with rice wine and marinate for 30 minutes
2. In a wok/skillet, heat 1 tbsp of sesame oil over medium-high heat
3. Add ginger and garlic and cook until fragrant (30-60 seconds)
4. Add shrimp and stir fry for about 3 minutes or until cooked through. Transfer shrimp to a bowl and set aside
5. While pan is still hot, add another tbsp of sesame oil then add the asparagus stalks and stir fry for about a minute. Then add asparagus tips and stir fry for another 3 minutes or until the asparagus is cooked through
6. Add shrimp, goji berries and 2 tbsp of the wine the goji berries were soaked in
7. Mix the thickener in a small bowl with a little cold water to avoid clumping, then add it to the pan and stir well
8. Add soy sauce to taste and serve with rice

#### **Actions/Indications/Functions**

- Strengthens Liver and Kidneys
- Clears heat due to yin deficiency
- Strengthens muscles and tendons

## Soup for Prevention and Treatment of Diabetes(消渴汤)

### Ingredients:

1. Hua Ji Tui (火鸡腿) turkey leg 1
2. Huai shan (淮山) Chinese Yam 30 g
3. Sheng di huang (生地黄) rehmannia 30 g
4. Shan zhu yu (山茱萸) Asiatic cornelian cherry fruit 15 g
5. Sheng jiang (生姜) fresh ginger 3 slices

**Seasoning:** pinch of salt

### Cooking methods:

1. boil 2 liters of water, put the turkey leg into the boiling water and slightly rinse it, then bring up the turkey leg and rinse it with cold water
2. remove the turkey leg skin.
3. Rinse the Chinese herbs (items 2-4) and soak in 1 liter of cold water for 2 hours
4. Put all the herbs with the soaking water and the turkey leg in pot and add in 2 liters of water. Bring to boil and then turn to medium heat. Cooking until ingredients are tender.
5. Add in seasoning and serve.

### Function:

1. Tonify the liver and kidney
2. Tonify qi and nourish blood
3. Nourish the spleen, stomach, lung and kidney yin
4. Retains jing (essence) and promote generation of body fluids, moisten dryness of viscera
5. Common used for prevention and treatment of diabetes



## Soy Milk and Sea Cucumber (豆浆刺参)

### Ingredients:

1. huang dou (黄豆) Soy bean 200 g
2. hai shen (海参) Sea cucumber 5
3. Yi yi ren (薏苡仁) Job's tears 100 g
4. Sheng jiang (生姜) fresh ginger 3 slices
5. Hong tang (红糖) brown sugar: right amount

### Cooking methods:

1. prepare the sea cucumber

The sea cucumber is called "Hai Sen" or "sea ginseng" often sold in dried hard form, preparing dried sea cucumber can be time consuming and requires a lot of work. After removing the skin, you have to reconstitute it in water which is drained daily for 4 days, occasionally wash it under running water, boil it with slices of ginger or pineapple skin in between to remove the "fishy" odor, so that it expands to several times its original size and becomes soft again. Drain and keep in the refrigerator until ready to use. Not prepared properly, it can have a rubbery-tough-to-chew texture that can be unappealing and taste wrong. As for fresh sea cucumber, expanded and sold soaked in water, which can sometimes be found in Chinese markets, needs only a rinse and boil the same way described above. The best kind of fresh sea cucumber is black in color, with smooth surface and fine gloss.

The sea cucumber can be cooked in many ways - stewed with ribs, stir fried in black pepper sauce, or boiled in chicken stocks. The rather bland tasting sea cucumber has the ability to absorb and accentuate the flavors of the ingredients in which it is cooked with and is best cooked in rich broth. The feeling of succulent jelly-like texture of sea cucumber infused with the flavorful stock in your mouth is a must for food gourmet.

2. cut the well prepared sea cucumbers into small pieces
3. rinse the Job's tears with 0.5 liters of water and then soak overnight
4. rinse the soy bean and cook it in 2 liter of water then soak overnight.
5. blend the soy bean with 2 liters of water to make soy milk
6. use a sieve to sift the soy milk from the dou zha (soy bean segment)
7. mix the soy bean, the Job's tear soup, ginger, brown sugar and bring to boil, then add the sea cucumber into the mixture, bring to boil, then turn off the power, and serve.

**Functions:**

1. Tonify the kidney and fortifies yang,
2. Tonify lung & stomach
3. Strengthen spleen
4. Resolve dampness and relieve pain
5. Lubricate the intestine
6. Common use to treat yang deficiency that manifests as impotence, irregular period, infertility
7. Treat constipation
8. help ease arthritis pain and relief joints discomfort
9. Reduce risk of breast/colon/prostate cancer, reduce cholesterol, prevent heart disease, control diabetes, prevent osteoporosis, relieve menopausal symptoms

## Soybean Snack (黃豆小食)

### Ingredients:

• Huang Dou	黃豆	Soybean	350g
• Gou Qi Zi	枸杞子	Barbary Wolfberry	25g
• Ma You	麻油	Sesame Oil	2 tea sp
• Sheng Chou	生抽	Soy Sauce	2 tbl sp
• Hong Tang	紅糖	Brown Sugar	20g
• Feng Mi	蜂蜜	Honey	2 tbl sp

### Cooking Instructions:

- Rinse soybean & Gou Qi Zi
- Soak soybean in water for 1 – 2 hours
- Put soybean & water (just enough to cover beans) to pan and bring to boil
- Cover & simmer over low heat for 30 min. or until beans are cooked
- Drain excess water
- Add Gou Qi Zi, sesame oil, soy sauce, brown sugar & honey into pan and stir fry until dry
- Serve hot or cool down to room temp & store in container

### Actions/Indications/Functions:

- Tonify lung & stomach
- Reduce risk of breast/colon/prostate cancer, reduce cholesterol, prevent heart disease, control diabetes, prevent osteoporosis, relieve menopausal symptoms
- Tonify liver & kidney yin to brighten the eyes
- Tonify lung yin
- Moistening lung to stop cough
- Increase energy, improve appetite
- Good source of protein, iron, B vitamin for vegetarians

## **Pumpkin Porridge**

### **Cough**

#### **Ingredients:**

1 lb Spare Ribs  
7 Ginkgo Seeds, peeled  
5 thin slices Fresh Ginger Root  
1 Tbsp Cooking Wine  
1 Tbsp Chopped Scallions  
Salt to taste

#### **Directions:**

1. Wash and dry spare ribs and chop them into 2 x 2 inch chunks
2. Place spare rib chunks, cooking wine, ginger slices and 2 cups of water in a pot
3. Bring to a boil
4. Reduce heat and simmer, partially covered, until spare ribs are very tender (60-90 minutes)
5. Add ginkgo and cook for another 15 minutes
6. Add salt and scallions
7. Serve soup warm

#### **Actions/Indications/Functions**

- Resolve Phlegm

## Spare Ribs with Lotus Root

### Tonify Qi & Blood

#### **Ingredients:**

2 lbs Lotus Root  
3 lbs Pork Spare Ribs  
6 Slices Ginger  
6 Cloves Garlic  
2 Tsp Salt  
6 Tsp Sugar  
1 Cube Red Bean Curd Paste  
1 Tsp Chicken Essence  
2 Tbsp Corn Flour  
1 Tbsp Dark Soya Sauce  
1 Tbsp Fish Sauce  
1 Tbsp Chinese Rice Cooking Wine  
Dash of Oil

#### **Directions:**

1. Mix salt, 2 tsp sugar, corn flour and chicken essence and marinate ribs for 15 minutes
2. Pan fry spare ribs with garlic and some oil for 5 minutes (does not have to be fully cooked)
3. Add ½ cube of red bean curd paste and mix until even
4. Move ribs into a large pot
5. Rinse and peel lotus root and chop into small pieces
6. Pan fry lotus root with ginger and oil for 5 minutes
7. Add ½ cube of red bean curd paste and mix until even
8. Move lotus roots into the same pot as the spare ribs
9. Allow to simmer on low heat for 15 minutes, stirring every 5 minutes
10. Mix 4 tsp sugar, soya sauce, fish sauce and cooking wine and mix until even. Add water if needed
11. Allow to simmer for another 15 minutes
12. Remove ribs and lotus roots, leaving sauce to thicken
13. Once the sauce has thickened, add ribs and lotus root.

#### **Actions/Indications/Functions**

- Nourishes blood
- Cools blood
- Removes blood stasis
- Improves function of the Spleen and Stomach
- Treats consumption of yin and thirst during febrile diseases
- Clears heat
- Tonifies the Kidneys

## **Special Spicy Spinach**

**Poor Appetite, Weakness**

### **Ingredients:**

2 Cups water

1 bunch Spinach (approx.  $\frac{3}{4}$  lb), washed well and chopped into 2-3 inch pieces

1 tsp Wasabi Paste

1 tbsp Soy Sauce

2 tbsp Rice Vinegar

1 tbsp Dark Sesame Oil

### **Directions:**

1. Bring water to a boil and add spinach
2. Bring water back to a boil, then drain well and squeeze out excess water. Place spinach in a serving bowl
3. Prepare sauce by combining wasabi paste, soy sauce, vinegar and sesame oil in a small bowl and stir well
4. Toss in spinach

### **Actions/Indications/Functions**

- Harmonize middle jiao
- Promote movement of Qi
- Drain Dampness

## Sprout and Wood Ear Salad

**Excess heat, damp accumulation, yin deficiency, lung dryness/ Atherosclerosis, high cholesterol, anemia, poor memory, weak immune system, overweight, diabetes etc**

### **Ingredients:**

10g or 1 handful - Dried black wood ear fungus  
1 - Small red bell pepper  
2 cups - fresh spouts (soy bean or mung bean)  
2 tbsp - Rice wine vinegar  
2 tbsp - Sesame oil  
2-3 Cloves - Garlic, peeled and minced  
1 tsp - Soy sauce  
1/4 tsp - Honey (optional)  
1 to 2 - Green onions, chopped into 1/4 inch pieces, roots and though ends cut off  
Salt to taste

### **Directions:**

1. Soak the wood ear for 30 minutes in warm water, where it will expand to 2-5 times in size. Rinse the wood ear, remove and discard the fibrous base, and cut into 1/4 inch strips. Place the wood ear and about 2 cups of water in a pot. Bring to a boil, then lower the heat and simmer for about 3 minutes. Remove the wood ear with a slotted spoon and place the pieces in a large bowl.
2. Seed the red pepper, removing and discarding the stem, and cut into 1/4 inch by 2 inch pieces. You can leave these raw or cook them in the hot water for about 2 minutes, removing with a slotted spoon. Place the red pepper pieces in the bowl with the wood ear.
3. Place the soybean sprouts in the pot of water and bring to a boil. Lower the heat to a simmer and cook for about 3 minutes, until softened but not soggy. Drain and place the soybean sprouts in the bowl with the wood ear and red pepper.
4. In a small bowl, mix the vinegar, sesame oil, garlic, soy sauce, and honey (if using) together. Warm the mixture if the honey needs help dissolving.
5. In a large bowl, combine the wood ear, soybean sprouts, garlic, red pepper, and green onions. Toss the ingredients with the soy sauce, and add salt to taste.
6. Ideally, let the dish sit for 30 minutes to let the flavours blend before serving as an appetizer or side dish.

### **Actions/Indications/Functions**

- Clears heat
- Drains dampness
- Nourish yin
- Moistens lungs

## Steadying Spinach Egg Drop Soup

### Cough, Asthma, Menopause

#### **Ingredients:**

2 Tbsp Dried Lily Bulb (Bai He)  
5 Cups water, and extra for soaking  
2 tbsp powdered Kudzu/Arrowroot/Cornstarch/Other thickener  
1 medium sized bunch Spinach (approx. ¾ lb), chopped into 1 inch pieces  
1 medium sized Egg  
½ large Lemon, juiced  
2 tbsp Soy Sauce  
1 tsp Dark Sesame Oil  
1 tsp Honey (optional)  
2 medium sized Green Onions, chopped into ¼ inch pieces, roots and tough tips discarded

#### **Directions:**

1. Soak lily bulbs in warm water for about 30 minutes, then drained
2. Combine lily bulbs and 5 cups of water in a medium sized pot and bring to a boil
3. Lower heat and simmer, covered with the lid slightly ajar for about 30 minutes or until the lily bulb is soft
4. Mix thickener in a small bowl with a little cold water so it dissolves and won't clump, and add mixture to the soup and stir
5. Add spinach, stir and cook until the spinach is done (less than 1 minute). Turn off heat
6. In a separate bowl, beat the egg. Stirring rapidly, pour the egg into the soup in a slow and steady stream, pouring from a height of 8-10 inches. For a prettier result, pour egg through the tines of a fork.
7. Add lemon juice, soy sauce, sesame oil and honey. Stir and garnish with green onions

#### **Actions/Indications/Functions**

- Regulate Qi
- Moisten Lungs and intestines
- Invigorate blood
- Clear heat
- Calm the spirit



## **Steam chicken with astragalus**

**Qi deficiency/Nephritis, Diabetes**

### **Ingredients:**

50g Huang Qi  
1 Chicken  
20g green onion  
15g ginger  
20g cooking wine  
salt

### **Directions:**

1. Clean chicken, insert green onion, ginger, huang qi inside chicken,
2. Add cooking wine, salt and water, steam for 2 hours..

### **Actions/Indications/Functions**

- Tonify qi nourish blood.
- Warm and strengthen spleen,
- Treat cough, asthma, shortness of breath, spontaneous sweating, fatigue diabetes

## **Sticky Sesame and Walnut Balls**

### **Insomnia, Graying Hair, Hair Loss**

#### **Ingredients:**

½ cup (2 oz) Black Sesame Seeds  
1/3 – ½ cup (2 oz) chopped Walnuts  
3-4 tbsp Honey

#### **Directions:**

1. If sesame seeds aren't already roasted, toast the sesame seeds by putting them in a wide skillet over medium heat, shaking the pan occasionally. Continue frying until fragrant (3-5 mins). Remove the seeds from the hot skillet so they don't over cook and let them cool for at least 1 minute
2. In a food processor, whir together the sesame seeds, walnuts and 3 tbsp of honey
3. Roll into ¾ inch balls. If the balls don't stick together at first, add a little more honey and whir the mixture some more

#### **Actions/Indications/Functions**

- Tonifies Kidneys

## **Stir-fried Lily Bulb, Black Fungus and shrimps (百合雲耳炒蝦仁)**

### **Ingredients:**

- |                                    |                    |
|------------------------------------|--------------------|
| 1. Bai He (百合) Fresh Lily Bulb     | 3                  |
| 2. Yun Er (雲耳) Black Fungus        | 40g                |
| 3. Fresh Shrimp                    | 160g               |
| 4. Fresh Ginger                    | 3 slices           |
| 5. Soy Sauce                       | 1 tbsp             |
| 6. Vegetable oil                   | 2 tbsp             |
| 7. Corn starch                     | 1 tea spoon        |
| 8. Table salt, White pepper powder | appropriate amount |

### **Cooking methods:**

1. Wash the fresh lily bulb and peel into pieces
2. Soak dry black fungus until tender and tear into small slices, boil in hot water for 5 minutes
3. Remove shells and clean the shrimps. Dry shrimps on paper towels.
4. Stir well and coat shrimps with soy sauce, salt, white pepper powder and corn starch. Marinate for 30 minutes.
5. Heat wok with 1 tbsp of oil, put in ginger and stir-fried about 10 seconds. Add shrimp and stir fry for about 1 minute, dish up.
6. Pour 1 tbsp of oil to the heated wok; pour black fungus in, add a pinch of salt and keep stirring. Cook for 5 minutes.
7. Add fresh lily bulb and stir fry for 2 minutes.
8. Add shrimps in and stir fry for well mixing.
9. Pinch of salt and serve.

### **Actions/Indications/Functions:**

1. Reduces blood clot, preventing thrombosis, atherosclerosis and coronary heart disease, and cancer
2. Promote motility of stomach and intestine, excreting fat in the intestine, reducing fat intake, and so preventing obesity and help to lose weight
3. Moistens the lung and arrests cough.

## **Stuffed Bean Curd Sheet**

### **Ingredients:**

3 bean curd sheet  
1 Cup soaked Black fungus, shredded  
1 Cup cooked spinach  
1 Cup shredded cooked carrots  
Soy sauce  
Salt  
pepper

### **Directions:**

1. Pre-soak dry bean curd sheet or use fresh/frozen bean curd sheet
2. Seasoned the ingredients with soy sauce, salt and pepper.
3. Layer the 3 ingredients across the sheet and roll up
4. Steam for ½ hour

### **Actions/Indications/Functions**

- Tonify lung and stomach
- Reduce risk of breast/colon/prostate cancer, reduce cholesterol, prevent heart disease, control diabetes, prevent osteoporosis, relieve menopausal symptoms
- Clear heat, moisten dryness, promote formation of body fluid
- Nourish and supplement blood
- Cool blood, arrest bleeding

## **Stuffed Mushrooms**

### **Hypertension due to Flaming up of Liver Fire and Deficiency of Liver and Kidney Yin**

#### **Ingredients:**

15 (ish) Mushrooms  
2 ribs Celery, chopped  
2 cloves Garlic, chopped  
2 Tbsp Sesame Oil  
3 Chinese Red Dates, soaked & chopped

#### **Directions:**

1. Heat oven to 375
2. Stem Mushrooms
3. Chop stems and pulse with food processor with all other ingredients until mixed (not over blended)
4. Stuff mixture in caps
5. Bake, stuffed side up on greased pan for 20 minutes

#### **Actions/Indications/Functions**

- Tonify whole body qi
- Clears heat
- Moistens viscera and relieves dryness
- Calm the Heart

## **Sweet Red Bean Soup**

**Tonify spleen and kidney qi, drains dampness, eliminates toxicity/ Low energy, poor digestion, water retention, puffy skin etc**

### **Ingredients:**

1/2 cup - Dried azuki beans

2-3 tbsp - Dried lotus seeds (Lian Zi)- optional

1 tbsp (4g) - Dried tangerine peel (Chen Pi), shredded

3 1/2 cups - Water, plus extra for soaking

3 tbsp sized pieces - rock sugar or other natural sweetener or to taste

Coconut milk or cream, optional

### **Directions:**

1. Soak the azuki beans in about 2 cups of water for at least 8 hours or overnight.
2. In a separate container, soak the lotus seeds (if using) in about 1/2 cup of water for at least 3 hours.
3. Soak the tangerine peel in warm water for about 15 minutes to soften. Drain and dice.
4. Drain the beans and lotus seeds.
5. Pour the 3 1/2 cups of fresh water into a medium-size pot and bring to a boil.
6. Add the beans, lotus seeds and tangerine peel, bring to a boil again, then lower the heat and simmer, covered with the lid slightly ajar for about 1 hour and 15 minutes, until the beans and lotus seeds are soft.
7. Add the rock sugar, stir to dissolve, then simmer for another 5 minutes.
8. Spoon the bean soup into bowls and garnish with a swirl of coconut milk if desired.

### **Actions/Indications/Functions**

- Tonifies the spleen and kidney qi
- Drains dampness
- Eliminates toxicity

## **Tal's Chocolate Candies**

### **Diabetes**

#### **Ingredients:**

6 mid-sized Strawberries, chopped  
2 Tbsp sesame seeds  
1 100% Cacao bar  
1 pack Stevia  
1 Tbsp Coconut butter  
2 Tbsp Shan Yao, chopped

#### **Directions:**

1. For 30 candies
2. Put sesame seeds and chopped strawberries equally into the bottom of small muffin baking paper cups
3. Melt Cacao bar, add stevia, coconut butter, and shan yao
4. Pour over sesame seeds and strawberries
5. Refrigerate
6. Keep refrigerated – it melts fast!

#### **Actions/Indications/Functions**

- Nourishes Spleen and Stomach
- Tonifies Qi

## Tea Eggs (茶叶蛋)

### Ingredients

1. Green tea leave (绿茶) lu cha 3 tablespoons
2. Chicken Eggs (鸡蛋) ji dan 20
3. Star anise (大茴香, 八角) da hui xiang/ ba jiao 2 piece
4. Fructus Foeniculi (小茴香) Xiao Hui Xiang 1 table spoon
5. Flos Caryophylli (丁香) ding xiang 1 table spoon
6. table salt 2 tablespoons

### Cooking methods:

1. Place all the ingredients in a pan with enough cold water to cover.
2. Bring the water to a boil, then reduce heat to low and let the eggs simmer for 10 minutes, or until they are hardboiled.
3. Take the eggs from the pan and refresh the eggs in cold water.
4. Drain the eggs and lightly tap and role the shells on a hard surface to crack them. Do not remove the shell.
5. Put the cooked eggs back to the same pan simmer with the same mixture for 30 minutes.
6. Turn off the heat and let the eggs sit in the tea mixture until they are cool enough to handle. Remove the shell and serve the eggs warm or cold.

### Function:

1. Tonify qi and blood
2. Strengthen heart, lung, liver, kidney, spleen and stomach
3. Treat qi stagnation in the middle jiao, such as abdominal bloating, lack of appetite, nausea and vomiting etc.
4. Tonify kidney yang, treat infertility
5. Treat lower back and leg pain due to kidney yang deficiency



## **Three-Colour Noodle-Seaweed Salad**

**Qi stagnation, damp accumulation, excess heat/ Skin rashes, acne, high cholesterol, high blood pressure, soft masses (ovarian cysts, breast lumps, lymph swelling, fibroids), cancer etc**

### **Ingredients:**

- 1 cup - Dried seaweed, such as shredded fueru wakame
- 2 - Bundles cellophane (mung bean) noodles
- 4 - Cloves garlic
- 1/4 to 1/3 cup - Rice wine vinegar
- 1/4 cup - Soy sauce
- 3 tbsp - Dark sesame oil
- 2 tbsp - Sesame seeds
- 1 - Medium carrot, cut into matchstick size pieces
- 2 - Medium size green onions, cut into 1/2 inch lengths, roots and tips cut off

### **Directions:**

1. Cover the seaweed and mung bean noodles with cold water (5 to 7 cups) for 15 minutes, drain and press the remaining water out.
2. In the meantime, boil about 5 cups of water.
3. Pour the boiling water over the drained noodles and seaweed.
4. Combine garlic, rice vinegar, soy sauce and sesame oil in a bowl.
5. Toast the sesame seeds in a skillet over medium heat until golden brown, stirring frequently, about 5 minutes. Let cool on a plate.
6. Drain the hot water from the seaweed and noodles, and squeeze out any excess water.
7. Combine the liquid ingredients and the seaweed, noodles, carrots and green onions and toss well.
8. Sprinkle the toasted sesame seeds for garnish.

### **Actions/Indications/Functions**

- Moves qi
- Drains dampness
- Clears heat

## Vegetable Stir Fry

**General/Diabetes, gout, overweight, HBP**

### **Ingredients:**

450g Chinese Okra  
100g Burdock  
150g white radish  
100g Fresh Shitake Mushroom  
1 Tbsp Oil  
Salt To taste  
1/4C water

### **Directions:**

1. Peel burdock, radish and remove ridges of Chinese Okra, slice in small pieces.
2. Heat oil, add in mushroom and fry until fragrant.
3. Add remaining ingredients, stir fry for 5 minutes, add salt.
4. Add ¼ C water, cover and cook for 10 minutes.

### **Actions/Indications/Functions**

- Clear heat, detoxification
- Regulate middle jiao, Relieve food stagnation
- Cool blood, control hematemesis, nose bleed,
- Control diabetes, dysentery. Migraine headache, high blood pressure
- Relieve symptoms of phlegm retention syndrome: cough, dyspnea
- Relieve symptoms of bleeding disorders: bloody diarrhea, fistula, metrorrhagia and profuse leucorrhea.
- Treatment of Galactostasis, carbuncle and swelling of the skin

## Baked Vegetarian Spring Rolls

### Obesity

#### **Ingredients:**

1 Package Spring Roll wrappers (frozen)  
Olive Oil  
5 Garlic cloves, minced  
2 Large Onions, finely chopped  
4 Carrots, cubed  
2 Cups Mushrooms, diced  
1/3 Cup bamboo shoots, julienned  
1/2 Cup Water Chestnuts, diced  
1/3 Cup Black Fungus, chopped  
1/2 Cup Corn  
4 Spring Onions, finely chopped  
4 Tbsp low sodium Soy Sauce  
2 Tsp Corn Starch  
2 Tbsp Sesame Oil  
  
2 Tbsp Honey  
3/4 Cup Rice Vinegar  
1 Clove Garlic  
1 Tbsp Fish Sauce

#### **Directions:**

1. Soak black fungus for an hour and drain water
2. Heat oil in a pan and put in chopped garlic, onions, carrots and mushrooms. Cook for about 10 minutes or until soft
3. Add water chestnuts, black fungus, corn and green onions
4. In a separate bowl, whisk together soy sauce, corn starch, 1 Tbsp cold water, sesame oil, and fresh black pepper. Pour into pan and toss well.
5. Place wrapper on a clean surface and spoon about 1 Tbsp of filling into your wrapper, brush edges with water, roll the wrapper and pinch ends to close. Brush with olive oil.
6. Bake at 375 degrees for about 15-20 minutes, until brown.
7. Vinegar Sauce: mix rice vinegar, 1 clove minced garlic, fish sauce, honey and 3 Tbsp of water. Add a few slivers of julienned carrots to finish the sauce.

#### **Actions/Indications/Functions**

- Clears heat
- Tonifies Qi, blood and yin
- Transforms phlegm
- Improves digestion
- Moistens viscera
- Relieves toxicity
- Treats high blood pressure and high cholesterol

## **Vitality Fish Soup**

### **Fatigue**

#### **Ingredients:**

1-2 inch piece fresh Ginger, slivered  
2 Cloves Garlic, minced  
¼ Cup Goji Berries  
2 Tbsp Rice wine or white wine  
5 Cups water  
1 lb white fish (flounder, sole, roughy), boned and cut into 1-2 inch chunks  
½ lb bok choy, chopped into ½ inch pieces  
2 Green Onions, ends trimmed, white part cut into ¼ inch rounds, green part cut into ½ inch pieces  
2 Tsp Soy Sauce (or ½ tsp Salt)  
1 Tsp Dark Sesame Oil

#### **Directions:**

1. Combine ginger, garlic, goji berries, wine and water in a large pot
2. Bring to a boil then lower heat and simmer, covered with the lid slightly ajar for 15 minutes
3. Add fish, bok choy and white part of green onions to the soup, stir and simmer for another 10 minutes
4. Add soy sauce, dark sesame oil and green slices of green onions. Either remove ginger slices or leave them in to eat
5. Serve immediately
6. You can add rice vinegar, minced garlic or chili oil if desired

#### **Actions/Indications/Functions**

- Tonify Kidney Qi
- Tonify Lungs
- Nourishes Liver

## **Walnut and Sesame Paste (He Tao Zhi Ma Hu)**

**Deficiency of lung, liver, kidney, qi deficiency, yin deficiency/  
Asthma, dizziness, migraine, paralysis, constipation, premature grey hair, postpartum  
hypogalactia, cough, regurgitation, beriberi**

### **Ingredients:**

100g - Walnut (He Tao)  
100g - Black Sesame (Hei Zhi Ma)  
200g - Polished Round-grained rice (Da Mi)  
100g - Sweet (Glutinous) rice (Nuo Mi)  
Right amount - Brown Sugar (Hong Tang)

### **Directions:**

1. Rinse polished round grain rice and sweet (glutinous) rice
2. Use 500 ml cold water to soak the rice over night
3. Rinse and roast walnut, remove the walnut coat
4. Rinse and roast sesame until there is an aroma
5. Mix the walnut and sesame with the soaked rice and blend until all ingredients turn into liquid
6. Put 200ml of water into a pot, add the brown sugar and bring to a boil
7. Slowly add the mixture into the pot and stir until it turns into a paste

### **Actions/Indications/Functions**

- Moisturizing the five viscera
- Replenishing qi
- Invigorate the liver, kidney, middle jiao
- Regulate the stomach, strengthening the spleen
- Stop bleeding, used to treat bleeding tendency due to hemophilia

## Walnut and Sesame Paste (核桃芝麻糊)

### Ingredients:

1. He tao (核桃) walnut 100 g
2. Hei zhi ma (黑芝麻) Black sesame 100 g
3. Da mi (rice) (大米) polished round-grained rice 200 g
4. Nuo mi (糯米) sweet (glutinous) rice 100 g
5. Hong tang (红糖) brown sugar: right amount

### Cooking methods:

1. Rinse polished round-grained rice and sweet (glutinous) rice
2. Use 500 ml cold water to soak the rice over night.
3. Rinse and roast walnut, remove the walnut coat
4. Rinse and fried sesame until aroma
5. Mix the walnut and sesame with the soaked rice and blend them until all the ingredients turn into liquid.
6. Put 2000 ml water into a pot, add the brown sugar and bring to boil
7. Slowly add the mixture into the pot and stir them until turn into paste.

### Function:

1. Moisturizing the five viscera
2. Replenishing qi
3. Invigorating the liver, kidney and middle-jiao
4. Regulate the stomach, strengthening the spleen
5. Stop bleeding, used to treat bleeding tendency due to hemophilia
6. Relieving thirst and restlessness
7. Treatment of dry cough, regurgitation, beriberi and hypogalactia
8. Treatment of lung, liver and kidney deficiency syndromes, such as asthma, dizziness, migraine headache, paralyses, constipation, premature gray hair, puerperal hypogalactia

## **Wasabi Fish Cooked in Sake**

**Cold Hands and Feet, PMS, Abdominal Distention**

### **Ingredients:**

1-2 tbsp Dark Sesame Oil  
1 (1 inch) piece Fresh Ginger, peeled and minced  
2 cloves Garlic, peeled and minced  
2-3 fillets Mahi Mahi or other mild fish  
1 tsp Soy Sauce  
½ tsp Wasabi Sauce  
3 tbsp Sake

### **Directions:**

1. Heat sesame oil in a skillet over medium heat and add the ginger and garlic. Cook until fragrant (30-60 seconds)
2. Add the fish and cook for 2-3 minutes on each side (depending on thickness of fish)
3. In the meantime, in a small bowl, mix soy sauce, wasabi and sake
4. When fish has cooked, pour liquid over the fish, turning to distribute the sauce
5. Cook for about 1 minute or until the fish is done and the liquid is reduced

### **Actions/Indications/Functions**

- Tonifies and Regulates Qi
- Warms Yang
- Relieves cold stagnation

## Water Chestnut Cake 馬蹄糕

**Acute gastritis, peptic ulcer disease, reflux esophagitis, cholecystitis, periodontitis, enteritis, dysentery, urinary tract infection, urinary stone, prostatitis**

### Ingredients:

1. Water Chestnut Powder (馬蹄粉) 100g
2. Water Chestnut (馬蹄粒) 150g
3. Rock Sugar (冰糖) 100g
4. Corn Flour 50g
5. Gou Qi Ji (枸杞子) Lycium Fruit 15 g

### Method:

1. Peel water chestnut and cut into small cubes.
2. Mix the water chestnut flour and corn flour with 1 cup of water. Filter the mixture (A) with a sieve.
3. Melt the rock sugar in 2 cups of boiling water. Add water chestnut and Gou Qi Ji. Boil for 30 seconds. Add 1 tablespoon of vegetable oil to the mixture (B). Mix well and turn heat to low.
4. Slowly pouring mixture A (from step 2) into mixture B (from step 3).
5. Stir mixture continually in one direction for 5 to 7 minutes or until mixture is very thick and pasty.
6. Pour water chestnut mixture into greased pan. Place pan on a steamer, cover and steam for 15 minutes or until it sets firmly and becomes translucent.
7. Turn off heat, remove cake pan from steamer. Allow to set 4 minutes. Slice immediately and serve.

This is a most unusual cake. When freshly steamed and sliced, it has the consistency of a firm jelly. As it cools, it becomes very much like an aspic. It can be frozen either whole or in slices. To reheat, allow cake to return to room temperature, then steam for 10 minutes or until heated through. It will become more jellylike again. Eat it just as if it had been made fresh.

It can be pan-fried as well, but it must be cooled and refrigerated overnight preferably (not frozen) before doing so. To pan-fry, cut cooled cake into slices 2 inches square, 1/2 inch thick, and pan-fry in the same manner as turnip cake.

### Function:

1. Strengthen the spleen, stomach, liver and kidney
2. Nourish blood
3. Induce diuresis
4. Clear away phlegm, dampness and summer heat from stomach, bladder and kidney
5. Brighten vision
6. Detoxification



7. Commonly used to treat acute gastritis, peptic ulcer disease, reflux esophagitis, cholecystitis, periodontitis, enteritis, dysentery, urinary tract infection, urinary stone, prostatitis and so on.

## Water Chestnut Cake 马蹄糕

### Ingredients:

1. water chestnut powder (马蹄粉)250g
2. sugar (糖) 250g
3. water (水) 6 cup
4. water chestnuts, coarsely chopped (马蹄粒) 8~10 PC
5. lycium fruit (枸杞子) 15 g

### Cooking Method:

1. 250g water chestnut powder mixed with 2 cup cold water
2. boil 8 cups of water and then add sugar and stir to dissolve
3. Add chopped water chestnuts and lycium fruit and mix well.
4. Slowly add water chestnut powder mixture into the wok, turn heat under wok to low. Stir mixture continually in one direction for 5 to 7 minutes, until mix is very thick and pasty.
5. Pour water chestnut mixture into greased pan. Place pan on a steamer, cover and steam for 40 minutes until it sets firmly and becomes translucent.
6. Turn off heat, remove cake pan from steamer. Allow to set 4 minutes. Slice immediately and serve.

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## Watercress-Miso Soup

**Qi and blood stagnation, excess dampness, spleen deficiency/ Poor immunity, masses, high cholesterol, overweight, poor appetite, fatigue etc**

### **Ingredients:**

- 2-3 oz - Fresh enoki, maitake or other variety of mushroom
- 2 1/2 cups - Dashi or soup stock or water
- 1/2 block (7 oz0) - Firm tofu
- 3-4 Tbsp - White miso paste or to taste
- 1/2 bunch (3/4 cup) - Watercress
- 1 Medium - Green onion, ends trimmed, chopped into 1/2 inch pieces

### **Directions:**

1. Wash the mushrooms and chop off any roots or excess stems if desired.
2. Place stock in a pot and bring to a boil. Add the mushrooms and tofu to the pot, then simmer over low heat, covered with the lid slightly ajar for about 5 minutes. Turn off the heat.
3. Remove 4 Tbsp of the stock from the pot, in a bowl, mix it with the miso paste, making sure that all the lumps are stirred out.
4. Gradually pour the miso mixture back into the pot and stir.
5. Divide the watercress among the serving bowls. Spoon the soup over the watercress (this will cook the watercress). Garnish with the green onion.

### **Actions/Indications/Functions**

- Moves qi and blood
- Drains dampness
- Strengthens the spleen

## Watercress soup

### General/respiratory track disorder

#### **Ingredients:**

360g watercress  
360g pork  
9g Nan Xing Ren and Bei Xing Ren  
½ Lou Han Guo  
6 Chinese dates

#### **Directions:**

1. Clean all ingredients
2. Combine all ingredients with 6 Cups of water and boil for 3 hours

#### **Actions/Indications/Functions**

- Clear heat, moisten lung, eliminate phlegm, stop cough
- Bronchitis or any respiratory track disorder

## Wax Gourd, Shiitake Mushroom & Pork Soup

### Obesity

#### **Ingredients:**

6 medium sized Dried Shiitake Mushrooms  
1 cup chopped Wax Gourd, peeled and seeded  
1 piece Lean Pork (2 ounces), shredded  
Salt & Sesame Oil to taste

#### **Directions:**

1. Preserve shredded pork in salt and sesame oil for 10 minutes
2. Clean dried shiitake mushrooms with a soft brush and soak them with warm water for half an hour, then finely slice them
3. Place wax gourde and mushrooms in a pot with 1 cup of water
4. Bring to a boil
5. Reduce heat and simmer, partially covered, for 10 minutes
6. Add pork
7. Cook for another 10-15 minutes
8. Add salt and sesame oil
9. Serve warm

#### **Actions/Indications/Functions**

- Qi Deficiency

## White and Black Edible Fungi Stir-fried Celery (双耳听琴)

### Ingredients:

1. Xian qin (香芹) celery 250 g
2. Yun er (云耳) black fungus 30 g
3. Xue er (雪耳) white fungus 30 g
4. Da suan (大蒜) garlic 3 cloves
5. Sheng jiang (生姜) fresh ginger 3 slices
6. Qing cong (青葱) green onion 60 g
7. Sheng chou (生抽) soy sauce 1 tbp

**Seasoning:** pinch of salt

### Cooking methods:

1. Soak black fungus for 30 minutes and rinse
2. Rinse the white fungus, trim and soak in water for 30 minutes
3. Wash celery and cut into pieces
4. Peeled garlic, cut into pieces
5. Wash green onion and cut into about 2 inches long
6. Put 2 tbs of vegetable oil into the hot pan, then put in ginger, garlic and onion and stir-fried about 10 seconds
7. Add in black fungus and white fungus and soy sauce and stir-fried about 1 minute
8. Add in celery and stir-fried about 1 minute
9. Add ¼ cup of water and cover the lid until boiling
10. Pinch of salt and serve

### Function:

1. Calming the liver and clearing away heat, expel wind and remove dampness
2. Strengthen the spleen, relieve food stagnation, promote digestion
3. Nourishes stomach yin and generates body fluids
4. Nourishes lung yin and moistens dryness
5. Cool the bold, prevent and treat bleeding disorders
6. Prevent and treat constipation
7. Prevent hypertension and cardiovascular disorders
8. Relieve abdominal pain

## White Fungus and Pear Soup (雪耳, 雪梨糖水)

### Ingredients:

1. Xue er (雪耳) white wood ear, white fungus 30 g
2. Xue Li (雪梨) pear 2
3. hong zao (红枣) Chinese red date 10
4. Wu hua guo (无花果) fig 2
5. Sheng jiang (生姜) fresh ginger 10 g
6. Bing tang (冰糖) crystal sugar: a specific amount

### Cooking methods:

1. Rinse the white fungus, trim and soak in water for 30 minutes
2. Rinse figs and cut into 2 pieces of each
3. rinse the pear and cut into small pieces
4. rinse the red date
5. Put white fungus, red dates, figs and ginger slices in a pot and add 2 liters of cold water. Bring to boil and then turn to medium heat. Cooking until ingredients are tender (around 30 minutes).
6. Put in pear and boil for another 15 minutes
7. Add the crystal sugar; stir until the sugar is dissolved.

### Function:

1. Nourishes stomach yin and generates body fluids
2. Nourishes lung yin
3. Promote the production of body fluid, Moistens dryness
4. Clear away pathogenic heat and relieve phlegm
5. prevention and treatment of restlessness and thirst due to impairment of body fluid caused by febrile diseases, diabetes
6. Relieve heat type cough
7. Relieve dysphagia and constipation
8. Antioxidant, anti-aged

## **White Fungus Lotus Seed and Lily Bulb Sweet Soup (雪耳, 莲子, 百合糖水)**

### **Ingredients:**

1. Xue er (雪耳) white wood ear, white fungus 30 g
2. Lian zi (莲子) lotus seed 60 g
3. Bai he (百合) lily, lily bulb 30 g
4. Xing ren (杏仁) apricot seed 30 g
5. Wu hua guo (无花果) fig 2
6. Sheng jiang (生姜) fresh ginger 10 g
7. Bing tang (冰糖) crystal sugar: a specific amount

### **Cooking methods:**

1. Rinse lotus seed, lily bulb and apricot seed and soak in water for 60 minutes
2. Rinse the white fungus, trim and soak in water for 30 minutes
3. Rinse figs and cut into 2 pieces of each
4. Put lotus seed, lily bulb, figs and ginger slices in a pot and add 2 liters of cold water. Bring to boil and then turn to medium heat. Cooking until ingredients are tender (around 60 minutes).
5. Put in white fungus and boil for 30 minutes
6. Add the crystal sugar; stir until the sugar is dissolved.

### **Function:**

1. Moistens lung yin and generates body fluid
2. Nourishes stomach yin, lung yin and heart, calms the spirit. Benefits sleeping
3. Tonifies the spleen and kidney, harmonizes the middle jiao. Benefits diabetes
4. Prevents and treats respiratory disorders, such as flu and cold, asthma and bronchitis
5. Antioxidant, anti-aged



## White Fungus Mushroom Tofu Stew (蘑菇銀耳燜豆腐)

### Ingredients:

Mushroom	100g
White Fungus	60g
Tofu	3 pieces

### Cooking Instruction:

1. Wash mushroom
2. Wash white fungus, trim and soak in water for 30 minutes
3. Cut tofu into small cubes
4. Heat 1 tablespoon of vegetable oil in a nonstick skillet over medium-high heat until hot
5. Fry tofu until lightly brown, add mushroom and white fungus, stir-fry for 1 minute
6. Add ¼ cup of water, bring to a boil and then simmer, covered, for about 5 minutes
7. Add a pinch of salt and serve

### Actions/Indications/Functions:

1. Tonify spleen and stomach, benefit yin and nourish liver
2. Clear heat, generate body fluid to moisten dryness
3. Benefit qi, harmonize spleen and stomach

### Caution:

- Not suitable for patient with internal cold-damp symptoms (loose stools, excessive saliva)

## Winter Melon Corn Silk Small Red Bean Soup (冬瓜玉米鬚赤豆湯)

### Ingredients:

Winter Melon Peel	60g
Corn Silk	30g
Small Red Bean	30g

### Cooking Instruction:

1. Clean all ingredients and soak in water for 30 minutes
2. Boil all ingredients in 1 liter of water for 1 hour

### Actions/Indications/Functions:

1. Unblock water passage, promote urination, eliminate swelling, expel water-dampness
2. Tonify deficiency, strengthen spleen

## Winter Melon Soup

General/Hypertension, CHD, Diabetes

### **Ingredients:**

450g winter melon  
100g Dai Dai  
250g Pork Bone  
3 slices ginger  
2 stalk green onion  
1 Tbsp rice wine  
Salt to taste

### **Directions:**

1. Blanch pork bone, drain and clean,
2. Clean and cut winter melon (with skin), Hai Dai.
3. Add water, ginger, green onion, pork bone, rice wine, salt, bring to boil and simmer for 1 hour.
4. Add winter melon and hai dai and simmer for ½ hour..

### **Actions/Indications/Functions**

- Clear summer heat, induce diuresis, treat edema, beriberi strabguria
- Detoxification
- Transform phlegm, treat cough and asthma with rale
- Soften hardness, dissipate nodule
- Weight loss
- Tonify kidney, nourish blood, replenish yin, moisten dryness, strengthen tendon and bone

## **Wu Wei Zi Red Date Syrup (五味子紅棗的蜜糖露)**

### **Ingredients:**

- |                     |           |
|---------------------|-----------|
| 1. Wu Wei Zi        | 60 g      |
| 2. Chinese Red Date | 30 pieces |
| 3. Honey            | 200ml     |

### **Directions:**

1. Wash Wu Wei Zi and Red Dates and boil with 3 L of water with low heat until 1 ½ L of decoction left
2. Remove dregs and pour decoction into a jug with lid
3. Add honey and stir thoroughly, over lid and steam with low heat for an hour
4. Take 1 – 2 tablespoons, twice daily

### **Actions/Indications/Functions:**

1. Nourish liver and kidney, generate body fluid, stop thirst, calm mind
2. Strengthen spleen, benefit qi, nourish blood, harmonize liver
3. Moisten dryness, tonify deficiency

## Yam Bean Lettuce Wrap (沙葛生菜包)

### Ingredients:

1. Carrot diced (紅蘿蔔粒) ½ cup
2. Celery sticks diced (芹菜粒) ½ cup
3. Yam Bean diced (沙葛粒) ½ cup
4. Bai He (百合) Fresh Lily Bulb 2
5. Dry Scallion chopped (乾蔥) 1 tablespoon
6. Garlic chopped (蒜頭) 2 teaspoons
7. Fresh Shrimp (鮮蝦) 200 gram
8. Head Lettuce Leaves (圓生菜葉) 10 pieces
9. Corn starch 1 tea spoon
10. Light Soya Sauce (生抽) 2 teaspoons
11. Appropriate amount of table salt, white pepper powder, sesame oil, sugar

### Cooking methods:

1. Wash the fresh lily bulb and peel into pieces
2. Remove shells and clean the shrimps. Dry shrimps on paper towels.
3. Stir well and coat shrimp with ¼ teaspoon salt, ½ teaspoon corn starch and add white pepper powder and sesame oil to taste. Marinate for 30 minutes.
4. Dice carrot, celery sticks, yam bean, garlic and dried scallion
5. Heat wok with 1 tablespoon of oil, put in ½ of the garlic and dried scallion and stir fry about 10 seconds.
6. Add shrimps and stir fry until shrimp is just cooked, dish up.
7. Pour 1 tablespoon of oil to the heated wok; pour in the reminding garlic and dried scallion in and stir for a few seconds.
8. Add carrot, celery, yam bean and lily bulb, stir for 2 minutes
9. Add shrimps, stir well
10. Add 2 teaspoons of light soya sauce, ½ teaspoon of sugar and a little corn starch water, mix, dish up.
11. Lay out a lettuce leaf and spoon a heaping teaspoon of the shrimp and vegetable mixture into the middle. The lettuce wraps are designed to be eaten "taco-style," with the lettuce/shrimp mixture folded into a package. Serve.

### Actions/Indications/Functions:

1. Eliminate toxin from alcohol
2. Lower blood pressure
3. Promote body fluid generation to stop thirst