

THE LONGEVITY CHINESE COOKBOOK

PRITIKIN STYLE - NO ADDED FAT, OIL, SALT, SUGAR OR M.S.G.

By MARGARET GEE AND GRAEME GOLDIN



The Longevity Chinese Cookbook

Margaret Gee, Graeme Goldin



The Longevity Chinese Cookbook:

The Longevity Chinese Cookbook Margaret Gee, Graeme Goldin, 1985 *The Longevity Chinese Vegetarian Cookbook* Margaret Gee, Graeme Goldin, 1987 **The Everything Chinese Cookbook** Rhonda Lauret Parkinson, 2003-09-01

Featuring hundreds of recipes such as Snow Pea Stir fry Hot Chicken Salad General Tso's Chicken and Traditional Mu Shu Pork The Everything Chinese Cookbook makes preparing authentic Chinese dishes fun and easy From basic Chinese flavors and dipping sauces such as Quick and Easy Sweet and Sour Sauce to Chinese cooking methods and meals including Stir fried Orange Beef The Everything Chinese Cookbook offers a diverse set of recipes perfect for both vegetarians and meat eaters Featuring delicious recipes for Appetizers such as Crab Rangoon Soups such as Wonton Soup Vegetable dishes such as Stir fried Baby Bok Choy Beef dishes such as Mongolian Beef with Rice Noodles Pork dishes such as Sweet and Sour Spare ribs Mouthwatering fiery dishes such as Spicy Chicken with Cashews Desserts such as Sweet Baked Pineapple and Banana The Everything Chinese Cookbook will have you serving up tasty Chinese cuisine to tempt anyone Dr. Mao's Secrets of Longevity Cookbook Maoshing Ni, 2013-01-01 The international bestselling author of Secrets of Longevity shares seventy five simple and delicious recipes for living a healthier happier and longer life A thirty eighth generation practitioner of Chinese medicine Dr Mao has helped countless patients and readers bolster their health and increase their longevity Now he builds on the advice shared in his previous books with this collection of kitchen friendly palate pleasing recipes designed to enhance wellness in a variety of ways Each recipe specifies its healthful benefits whether it increases metabolism or reduces inflammation fights high cholesterol or aids detoxification Recipes include Honey Glazed Masala Chicken with Apricots Immune Boost Borscht with Porcini Mushrooms and Spicy Tri color Pepper Beef with Himalayan Goji berry Dr Mao also shares his signature Anti Aging Brain Mix and Brain Tonic A simple list of life extending foods is also included along with a list of in season bounty and a handy health glossary **Vegetarian Times** , 1990-12 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both **The Healing Cuisine of China** Zhuo Zhao, George Ellis, 1998-11-01 A comprehensive guide to the Chinese art of healing with food Provides more than 300 authentic Chinese recipes for curing specific ailments and for promoting happiness and vitality Explains the theories behind traditional Chinese beliefs about health and diet and reconciles these beliefs with contemporary Western medical knowledge Includes a complete fitness program centered on the popular Chinese qi gong exercises Through 5 000 years of recorded history the Chinese have developed an unequalled pharmacopoeia of food remedies and have turned this knowledge into a delicious cuisine that is simple to prepare This cuisine has little in common with the dishes on the menus of many Chinese restaurants which have sacrificed traditional Chinese principles to appeal to

high fat Western tastes Instead it emphasizes all natural ingredients eaten in season and in the most beneficial combinations The Healing Cuisine of China features more than 300 authentic Chinese recipes ranging from simple preparations to cure specific ailments to traditional longevity banquets The authors also explain the underlying theories behind traditional Chinese beliefs about health and reconcile these ancient beliefs with Western medical knowledge about bacteria viruses and other causes of disease A complete fitness program centered on the popular Chinese qi gong exercises and a questionnaire to help readers discover their individual body requirements make this the most comprehensive guide to the healthy lifestyle of China ever published

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Katie Chin's Everyday Chinese Cookbook Katie Chin,2016-04-26 Katie Chin has done us all a huge favor she s provided us with recipes for so many of the Chinese dishes we always wanted to cook but have never had clear and easy instructions to prepare Thank you Katie Chin Martha Stewart Home chefs will enjoy preparing these Chinese home cooking inspired dishes with this easy to follow Chinese cookbook Author Katie Chin s love of cooking blossomed at an early age watching and later helping her renowned mother Leeann Chin prepare delicious Chinese dishes in her popular restaurants Born in China Leeann was an award winning restaurateur and author revered for her ability to demystify Chinese cooking for the American home cook Katie inherited her mom s passion and talent and has become a respected food writer and television personality in her own right Sadly Leeann passed away in 2010 but her recipes live on Katie is eager to share her mother s food legacy with you in this book an homage to Leeann s mastery of all that Chinese cooking has to offer This treasury of family recipes includes many unique dishes that Leeann developed during a six decade career in the food business including time honored classics that she herself learned from her mother in China Some dishes reflect Leeann s Chinese American childhood or are recipes which Katie and Leeann developed while together Others are creations that Katie has developed more recently Woven throughout the book are fond memories and anecdotes from Katie s childhood always involving cooking and eating with her mom Katie Chin s Everyday Chinese Cooking is a celebration of Leeann Chin s amazing mastery of the complete array of flavors and techniques in Chinese cuisine and her unique ability to make them accessible to Westerners Katie provides tips and techniques which allow anyone to create a refined and tasty Chinese meal at home Favorite Chinese recipes include Firecracker Shrimp Mu Shu Pork Peking Duck

Summer Rolls General Tso s Chicken Tangerine Beef Hoisin Lacquered Ribs Tea Smoked Sea Bass Banana Wontons Five Spice Chocolate Cake And many more Let yourself be inspired by the exquisite flavors of Leeann and Katie Chin s signature Chinese cuisine

Family Style Chinese Cookbook Shanti Christensen, 2016-12-20 Family Style Chinese Cookbook is a treasure trove of real Chinese home cooking But it s more than just a cookbook it s a collection of stories about tradition ceremony family and pride Bee Yinn Low author of Easy Chinese Recipes Authentic Chinese cuisine is responsible for some of the most tantalizing dishes in the world And yet creating these delicious dishes may seem daunting We re not talking about westernized Chinese food that you can find in most Chinese cookbooks but rather the succulent flavors vibrant aromatics and bold pairings that define what authentic Chinese food truly is Shanti Christensen knows a thing or two about what makes Chinese food authentic As food editor for Time Out Beijing and an avid traveller Shanti soaked up China s culture and food But the best cuisine she experienced wasn t from five star restaurants but rather from the family kitchens of locals Family Style Chinese Cookbook is an assemblage of family recipes that Shanti collected during her time with families throughout China Presented alongside endearing stories these recipes form a Chinese cookbook that evokes a truly unique experience to excite your curious spirit and surprise your adventurous palate With Family Style Chinese Cookbook you ll find everything you need to cook home style Chinese food from your very own kitchen including High quality authentic Chinese family heirloom recipes Cooking tips based on your personal preferences and suggested variations for hard to find ingredients Guidance for stocking up on Chinese pantry essentials and finding unique ingredients Overview of essential equipment commonly required for proper recipe preparation such as a glazed clay pot wok and mandoline Simplified instructions of basic cooking techniques including those for tenderizing meat stir frying parboiling and braising In China food brings people together With the ease and simplicity of Family Style Chinese Cookbook you and yours will savor the bold flavors sweet aromas and warm connection that can be offered through authentic Chinese cooking

Decoding **The Longevity Chinese Cookbook**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**The Longevity Chinese Cookbook**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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