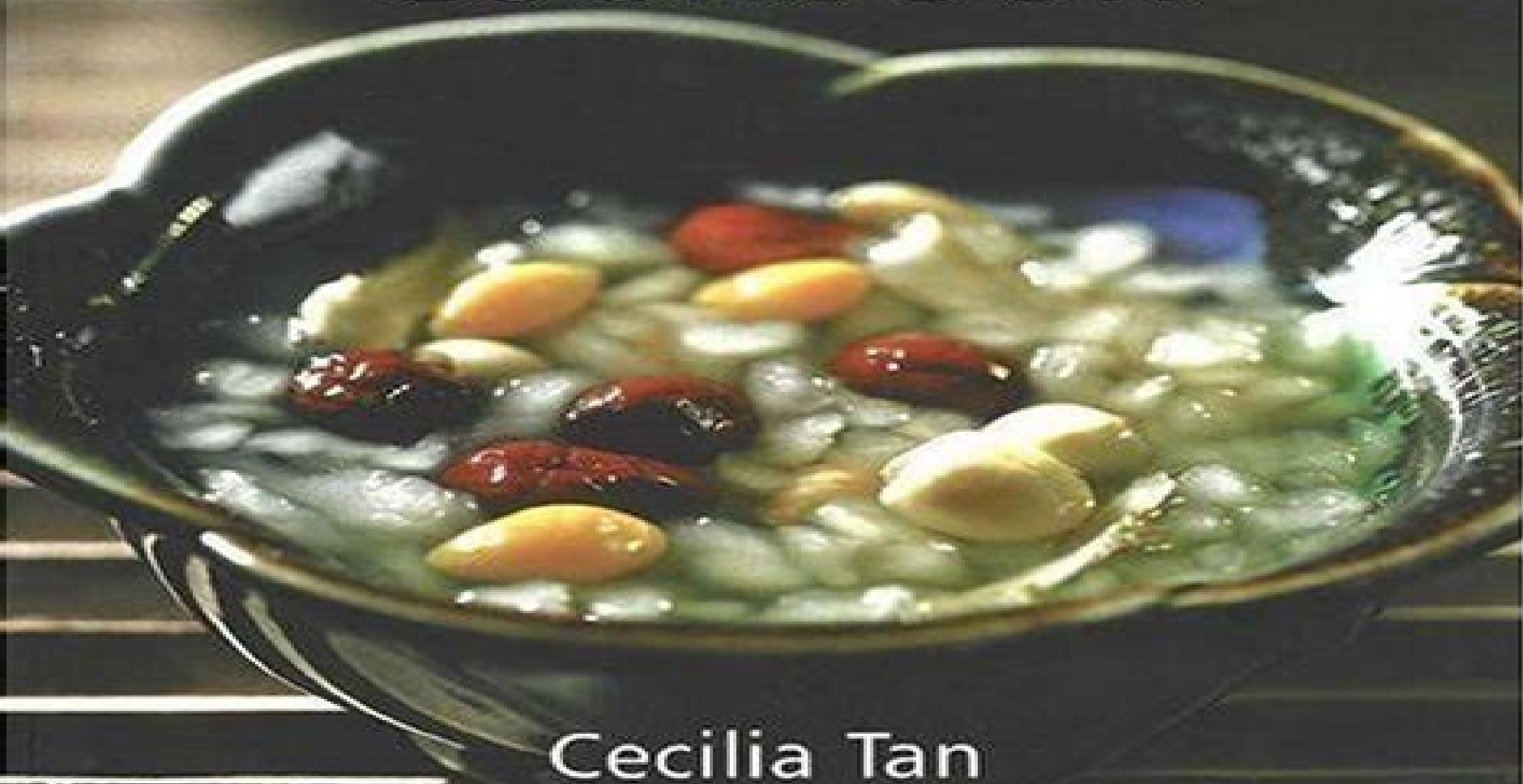


The **Family Herbal Cookbook**



Cecilia Tan

The Family Herbal Cookbook A Guide To The Ancient Chinese Philosophy Of Food Health

Arthur James Wells



The Family Herbal Cookbook A Guide To The Ancient Chinese Philosophy Of Food Health:

The Family Herbal Cookbook Cecilia Tan, 1995-01-01 *China to Chinatown* J.A.G. Roberts, 2002 *China to Chinatown* tells the story of one of the most notable examples of the globalization of food the spread of Chinese recipes ingredients and cooking styles to the Western world Beginning with the accounts of Marco Polo and Franciscan missionaries J A G Roberts describes how Westerners first impressions of Chinese food were decidedly mixed with many regarding Chinese eating habits as repugnant Chinese food was brought back to the West merely as a curiosity The Western encounter with a wider variety of Chinese cuisine dates from the first half of the 20th century when Chinese food spread to the West with emigrant communities The author shows how Chinese cooking has come to be regarded by some as among the world s most sophisticated cuisines and yet is harshly criticized by others for example on the grounds that its preparation involves cruelty to animals Roberts discusses the extent to which Chinese food as a facet of Chinese culture overseas has remained differentiated and questions whether its ethnic identity is dissolving Written in a lively style the book will appeal to food historians and specialists in Chinese culture as well as to readers interested in Chinese cuisine **The Publishers Weekly** ,1999 **Parapsychology, New Age, and the Occult** ,1993 **East West Journal** ,1985 *Vegetarian Times* ,1992-10 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 Family Herbal Cookbook](#) Cecilia Tan, 2004 Throughout history the importance of herbs has been acknowledged by people of all nations The mere mention of herbs in cooking never fails to provide much food for thought On the one hand it brings to mind rare esoteric ancient medical concoctions that are prohibitive to most people and on the other hand these tonic dishes are viewed as obscure pungent brews that are dished out as cure alls for every and any ill or affliction Hence if you think Chinese herbal cooking is synonymous with bitter tasting expensive tonics then Family Herbal Cookbook is for you Consider garlic soyabean ginger peppercorn peanuts marrow Chinese radish watercress water chestnuts chicken all favourite ingredients in our daily meals that are fried steamed simmered or double boiled They are part and parcel of the Chinese philosophy of eating to achieve harmony and equilibrium in the body This is Chinese herbal cooking documented for 5000 years and more and practised in every Chinese household The bitter tasting tonics help to correct an imbalanced body But the daily diet of largely delicious herbal foods such as bak kut teh watercress soup and soya bean milk keep the body in balance and harmony In this book you will find mouth watering herbal recipes for the whole family whether its for a growing baby or busy career person or older folk plagued with aches and pains of old age These attainable recipes include recipes for main dishes to teas to sweet treats This is one cookbook that every household should have **Small Press Record of Books in Print** Len Fulton, 1991 [The British National](#)

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