

The Longevity Chinese Cookbook

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The Mediterrasian Way Ric Watson 2019-03-12 A cookbook and guide to health, weight loss and longevity, combining the best features of Mediterranean and Asian diets.

The Chinese Kitchen Eileen Yin-Fei Lo 1999-11-17 Eileen Yin-Fei Lo, author of award-winning cookbooks, menu developer for top Asian restaurants, and cooking teacher, presents her life's work. Reflecting on her life in food, including her childhood in Canton, China, where she learned to cook at her grandmother's side, Eileen has created an exhaustive cookbook of extensive scope. Everything about Chinese cooking has cultural significance, and much of what Eileen talks about in this book has never appeared in print before in the English language. There are more than 250 recipes in all, including many classic banquet-style recipes, quite a number presented for the first time in the traditional manner, from Peking Duck to Beggar's Chicken. Dozens of the techniques for preparing these elaborate recipes are shown in full-color photographs in the color insert as well. Eileen also includes many of her own creations, such as infused oils and rich, flavorful stocks, essential for cooks who are serious about mastering the ancient art of Chinese cooking. Everything is here: dim sum, congees, stir-fries, rice dishes, noodles, bean curd, meat dishes, and more. For anyone who loves Asian cuisines, this is the ultimate cookbook, and for cookbook lovers and aspiring food professionals, this is required reading.

Complete Book of Chinese Health Daniel Reid 1994-12-05 Here is the first complete manual of Chinese medicine specifically written for the layperson. Filled with illustrated exercises and recipes, this book offers a unique, integrated system of preventive health care so that now anyone can promote good health, longevity, and spiritual awareness using these traditional techniques. Included are: • Key concepts of Chinese medical theory • Dozens of illustrated T'ai Chi and Chee-gung exercises • The Chinese approach to healing common ailments • Authentic secrets of Taoist sexual yoga • Therapeutic food recipes and herbal tonics • Alternative treatments for diseases such as AIDS and cancer • Resource listings: teachers, schools, centers, stores, and mail-order suppliers

Early Daoist Dietary Practices Shawn Arthur 2013-06-27 Much as the modern Western world is concerned with diets, health, and anti-aging remedies, many early medieval Chinese Daoists also actively sought to improve their health and increase their longevity through specialized ascetic dietary practices. Focusing on a fifth-century manual of herbal-based, immortality-oriented recipes—the Lingbao Wufuxu (The Preface to the Five Lingbao Talismans of Numinous Treasure)—Shawn Arthur investigates the diets, their ingredients, and their expected range of natural and supernatural benefits. Analyzing the ways that early Daoists systematically synthesized religion, Chinese medicine, and cosmological correlative logic, this study offers new understandings of important Daoist ideas regarding the body's composition and mutability, health and disease, grain avoidance (bigu) diets, the parasitic Three Worms, interacting with the spirit realm, and immortality. This work also employs a range of cross-disciplinary scientific and medical research to analyze the healing properties of Daoist self-cultivation diets and to consider some natural explanations for better understanding Daoist asceticism and its underlying world view.

My Grandmother's Chinese Kitchen Eileen Yin-Fei Lo 2006-12-05 Award-winning cookbook author and celebrated food expert Eileen Yin-Fei Lo learned how to cook from her talented grandmother. This inspiring and instructive book collects 100 recipes the author learned in her grandmother's kitchen, along with the life lessons, observations, and other gifts she hopes to pass on to readers and future generations. Cherished holiday recipes include steamed buns and fish congees for birthdays, vegetables prepared during the Lunar New Year, and rice

dumplings made for the Dragon Boat Festival. All the essential techniques of the Chinese kitchen are represented, including stir-frying, steaming, roasting, stewing, braising, and more. A volume to cook from, to share, and to read as a memoir in its own right, My Grandmother's Chinese Kitchen celebrates a great culinary tradition by sharing family wisdom and timeless recipes.

Cooking with Madame Wu Sylvia Wu 1984 Provides healthful, Chinese-style recipes for appetizers, soups, meat, poultry, seafood, vegetables, rice, noodles, egg dishes, desserts, and sauces, and includes special banquet and holiday menus

Secrets of Longevity Maoshing Ni 2006-05-04 Secrets of Longevity is full of surprising, all-natural ideas for living a longer, healthier life, happier. As a 38th-generation doctor specializing in longevity, Dr. Mao (as he's known to his patients) knows the answers—and they're surprisingly simple and powerful. It's amazing how a little honey in your tea can aid internal healing. Or how taking a walk after dinner each night can reduce the risk of stroke and heart disease. The tips are organized into chapters on diet, healing, environment, exercise, and relationships so you can easily dip into the areas you'd like to address. Marrying wisdom from the East with the latest scientific advances from the West, Secrets of Longevity puts at your fingertips a whole host of ways to make your stay on earth longer, healthier, and much, much happier.

Anti-Aging Dishes from Around the World Grace O. 2022-08-23 Nearly 300 Recipes that Feature the Healthiest Foods from around the World Chef and author Grace O has traveled the world in search of delicious, good-for-you foods. Her passion for discovering food treasures from the Blue Zones and elsewhere, where people live longer, healthier lives, is the driving force behind FoodTrients.com and her new cookbook, Age-Defying Dishes of the World. In her third cookbook, Grace O delivers all the hallmarks of her two previous award-winning cookbooks, and more. In addition to over 200 easy-to-make recipes using everyday favorites, exotic ingredients, and superfoods from around the world, Age-Defying Dishes of the World includes healthy resources, helpful guides, and tips for improving your lifespan and "health-span." Grace O's global approach to her age-fighting recipes ramps up the flavor profiles of each dish to entice food lovers everywhere. She takes classic recipes and gives them international twists with a few simple steps, creating very interesting meals. For example, people will love her global take on chicken soup with recipes developed with Chinese, French, Greek, Middle Eastern, Mexican, and Indian variations. She does the same thing with basic sauces, pesto, main dishes, pastas, and bowls, and includes recipes with African, Southeast Asian, Latin American, Polynesian, Scandinavian, European, and Australian ingredients. The book also features guides to key herbs and spices from around the globe, and to the top 50 foods for longevity, healthy sweeteners, cooking oils, ancient grains, and more. All proceeds from Age-Defying Dishes of the World will be donated to the Grace O Foundation, which supports educating the public about nutrition, working with other food-based non-profits, and participating in research that explores food and the diseases of aging.

Chinese Feasts & Festivals S. C. Moey 2012-11-27 This beautifully illustrated Chinese cookbook features all the most popular feast and festival food along with a wealth information. It is often said that the Chinese live to eat. Happily for them, the rich culinary tradition of China is largely inspired by a calendar year filled with a generous round of joyous occasions--festivals, reunions, weddings and anniversaries--for eating, drinking and making merry. And, of course, for paying homage to the gods and ancestors. Food, fittingly, is a combination of flavors and symbols (wealth, happiness, luck, prosperity), a spiritual celebration and an earthly pleasure. Chinese Feasts & Festivals, S.C. Moey has

assembled a number of facts and fancies as well as a collection of festival specialties for the Chinese food lover to read and enjoy or, if the spirit takes flight, cook up a feast that will impress both mortals and ancestors and win the approval of the gods. Authentic Chinese recipes include: Drunken Chicken Steamed Duck with Bamboo Shoots Five Spice Rolls Spicy Sichuanese Lamb Sweet and Sour Fish Chinese Lettuce Leaf Cups Yangzhou Fried Rice Sweet Red Bean Pancakes Steamed Rice Flour Cupcakes New Years Cakes

The Complete Book of Chinese Health and Healing Daniel Reid

1994-12-05 Here is the first complete manual of Chinese medicine specifically written for the layperson. Filled with illustrated exercises and recipes, this book offers a unique, integrated system of preventive health care so that now anyone can promote good health, longevity, and spiritual awareness using these traditional techniques. Included are: • Key concepts of Chinese medical theory • Dozens of illustrated T'ai Chi and Chee-gung exercises • The Chinese approach to healing common ailments • Authentic secrets of Taoist sexual yoga • Therapeutic food recipes and herbal tonics • Alternative treatments for diseases such as AIDS and cancer • Resource listings: teachers, schools, centers, stores, and mail-order suppliers

Chinese Foods for Longevity Henry C. Lu 1990

Martin Yan's China Martin Yan 2008-04-30 Chef Martin Yan explores the Mandarin, Shanghai, Sichuan, and Cantonese cuisines of China.

Eat, Eat, Eat: The Essential Chinese Cookbook Zhou Dongyu 2021-11-19 A collection of healthy and easy-to-make Chinese dishes, soups, salads and sauces.

Florence Lin's Chinese Regional Cookbook Florence Lin 1975

Cooking from various regions of China is covered in 12 chapters that address the history and development of Chinese cooking, Chinese cooking methods and utensils, beverages, and recipes for meats, fish, noodles, soups, and poultry. A glossary of Chinese ingredients and an index are also included. (kbc).

Light & Healthy Chinese Cooking Daniel N. Jue 1984

Nourishing Chinese Soup Recipes Mary Lai 2015-02-24 A Bowl of Nourishing Chinese Soup Can Do Magic To Your Health! Learn about the amazing benefits of Chinese method of boiling soups even if you are a beginner. Soups are very much part and parcel of any typical Chinese meal. Soups are nourishing, rejuvenating, and healing. Not to mention, the bone broth recipes in this book are great for strengthening bone health for your whole family. For those who want to lose some pounds, these fulfilling soups are the way to go! These recipes are very easy to prepare and the whole family can enjoy soups. Here are some of the types of soups you'll learn: >>Easy and Nutritious Double boil herbal chicken soup >>Healthy Rejuvenating Vegetarian Soup >>Quick Boil Soups >>Sweet Soups To Satisfy Your Sweet Tooth >>Soups for Picky Babies & Toddlers >>and much more! Download Your Copy Today! Book keywords: chinese soup recipes, soup recipes, chicken soup recipes, chinese cook book, chinese recipe, chinese cook book, soup recipes chinese

Jim Lee's Chinese Cookbook Jim Lee 1968 Master the authentic Chinese cooking methods through logical sequence of simple steps and fundamental techniques by preparing the easy recipes included.

Chinese Food Therapy Rx For Selfing Healing (Volume II)

2015-08-07 Food and traditional medicine (herbs) come from the same source. In Traditional Chinese Medicine (TCM) food therapy is prescribed to heal sickness, restore the body to its maximum well being and optimize longevity. This effective therapy has played an important role for ordinary folks throughout Chinese history and culture for centuries. Dr. Helen Hu has studied medicine, science and biochemistry throughout her life. She holds a Medical Degree, Oriental Medical Degree and is a licensed practicing acupuncturist in San Diego. As a TCM practitioner and author of "Body Without Mystique", Dr. Helen Hu has compiled and revealed hundreds of Traditional Chinese Food therapy prescriptions in her new book: "Chinese Food Therapy R x for Self Healing (Volume I)". These natural recipes are then clearly organized and paired to systemic disorders utilizing the integration of both Western and Eastern diagnostic approaches. "Chinese Food Therapy RX for Longevity and Beauty (Volume II)" not only provides hundreds of natural recipes to promote well being and beauty but is the collection of thousands of years of wisdom relating to the core questions of how to best achieve well being and longevity. "Definitely one of most comprehensive and landmark frontier publication in the West, an original blockbuster and a definitive "How to book", beautifully illustrated photography." "This book will coach and teach the public practical self healing and well being methods. It is a stand out work for the medical

professional field as well" Jamie Reno, Award winning journalist, author and cancer patient advocate quoted: "Dr. Helen Hu is a true healer and a gifted writer whose remarkable new books, "Chinese Food Therapy Rx for Self Healing (Volume I)", and "Chinese Food Therapy Rx for Longevity and Beauty (Volume II)", provides hundreds of recipes to promote well-being and beauty based on thousands of years of wisdom. "These books are unquestionably the most comprehensive and pioneering works I've ever read in terms of educating the public about natural healing with food, and coaching people to achieve the ultimate goal of longevity and a healthy mind, body and spirit. Yes, folks, listen to Dr. Hu". "Food really can save your life, and it can even fight and prevent cancer".

The Longevity Chinese Cookbook Margaret Gee 1985

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 Gojiberry. 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.

The Longevity Chinese Vegetarian Cookbook Margaret Gee 1987

Mary Sia's Classic Chinese Cookbook Mary Sia 2012-12-31

Low-fat Low-cholesterol Chinese Cookbook Maggie Pannell 2014 Enjoy all the tastes of authentic Chinese and Far East Asian cooking while maintaining a healthy, low-fat eating plan; more than 850 step-by-step photographs ensure the recipes are easy to follow.

The Classic Chinese Cook Book Mai Leung 1987-08 Exact, detailed recipes for over two hundred dishes from the eight major culinary regions of China, with notes on advance preparations and with historical, cultural, and social commentaries

Chinese Food Therapy Rx for Self Healing Food as Medicine, the centuries old Chinese food therapy prescription revealed for Healing, Well-being and Longevity Food and traditional medicine (herbs) come from the same source. In Traditional Chinese Medicine (TCM) food therapy is prescribed to heal sickness, restore the body to its maximum well being and optimize longevity. This effective therapy has played an important role for ordinary folks throughout Chinese history and culture for centuries. Dr. Helen Hu has studied medicine, science and biochemistry throughout her life. She holds a Medical Degree, Oriental Medical Degree and is a licensed practicing acupuncturist in San Diego. As a TCM practitioner and author of "Body Without Mystique", Dr. Helen Hu has compiled and revealed hundreds of Traditional Chinese Food therapy prescriptions in her new book: "Chinese Food Therapy R x for Self Healing (Volume I)". These natural recipes are then clearly organized and paired to systemic disorders utilizing the integration of both Western and Eastern diagnostic approaches. "Chinese Food Therapy RX for Longevity and Beauty (Volume II)" not only provides hundreds of natural recipes to promote well being and beauty but is the collection of thousands of years of wisdom relating to the core questions of how to best achieve well being and longevity. This chapter of Chinese Food Therapy Rx is only for Auto-immune Disorders

The Healing Cuisine of China Zhuo Zhao 1998-11 Features more than 300 authentic Chinese recipes, ranging from simple preparations to cure specific ailments to traditional "longevity banquets". The authors 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. Includes a complete fitness program on the popular Chinese qi gong exercises. 14 b&w photos.

The Chinese Cookbook Craig Claiborne 1972

Chinese Recipes - Chinese Food Made Easy Ted Alling 2020-03-24

Chinese Recipes: Chinese Food Made Easy - Chinese Cookbook with 25 Quick and Easy Authentic Chinese Recipes to Try at Home This book is designed as a guide to make Chinese Food Made Easy because this book has 25 easy recipes. Chinese food is cooked with an intention to increase the health benefits, such as healing powers, longevity, and medicinal

value. Typically, unsaturated fats are used to increase health benefits, such as cream, cheese, and butter. Chinese food requires soy sauce and other additives that are rich in sodium. If you don't want extra salty food, you can skip the salt in your food items. Try recipes from this Chinese Cookbook, and enjoy healthy recipes at home. There is no need to worry about ingredients because these are easily available around you. Chinese food has more vegetables, snow peas, and low salt; therefore, these are healthy for everyone. Chinese Cookbook is designed for you to try inexpensive Chinese food at home because the authentic food at high-end restaurants will be really expensive. - Understand Chinese Ingredients - Chinese Noodles - Special Chinese Soups - Chinese Smoothies and Drinks Download this book and enjoy Chinese Cuisine that is really interesting for everyone to try and throw a Chinese-themed party.

Longevity Chinese Cooking 1985

The Thousand Recipe Chinese Cookbook Gloria Bley Miller 1970

Mastering the Art of Chinese Cooking Eileen Yin-Fei Lo 2012-05-18 This new masterwork of Chinese cuisine showcases acclaimed chef Eileen Yin-Fei Lo's decades of culinary virtuosity. A series of lessons build skill, knowledge, and confidence as Lo guides the home cook step by step through the techniques, ingredients, and equipment that define Chinese cuisine. With more than 100 classic recipes and technique illustrations throughout, *Mastering the Art of Chinese Cooking* makes the glories of this ancient cuisine utterly accessible. Stunning color photography reveals the treasures of old and new China, from the zigzagging alleys of historical Guangzhou to the bustle of city centers and faraway Chinatowns, as well as wonderful ingredients and gorgeous finished dishes. Step-by-step brush drawings illustrate Chinese cooking techniques. This lavish volume takes its place as the Chinese cookbook of choice in the cook's library.

Cooking Authentic Chinese Anthony Boundy 2017-10-15 When we think of Chinese cooking, we usually think of exotic dishes that we enjoy in restaurants or as take out. This Chinese Cookbook will show you how to prepare your favorite Chinese dishes at home easily and quickly. Genuine Chinese cooking is very healthy, consisting of healthy oils such as sesame seed and peanut oil. Spices such as garlic and ginger have tremendous health benefits. People in China are known for their longevity for a reason. Most recipes consist of fresh vegetables with a small amount of meat cooked in a delectable sauce. It doesn't get any better or healthier. The recipes are very easy to prepare and simply delicious for the entire family. Enjoy the authentic regional recipes in this Chinese Cookbook. From spicy to mild, this cookbook has recipes for everyone. Once you start preparing your own favorite Chinese dishes, you'll never settle for a restaurant meal or take-out again.

The Five Elements Cookbook Zoey Xinyi Gong 2023-02-14 A stunning and accessible guide to cooking with Traditional Chinese Medicine, featuring over 50 nourishing recipes to eat for healing every day by TCM chef and registered dietitian Zoey Xinyi Gong. Chef and registered dietitian Zoey Xinyi Gong offers an incredibly fresh, elegant, and authentic approach to food therapy and a truly accessible guide to cooking with Traditional Chinese Medicine (TCM), a thousands-year-old practice for holistic wellness. Named after a foundational theory of what balance and optimal health looks like, *The Five Elements Cookbook* is a stunning introduction to the beginner concepts of TCM and offers a photographic guide to the most commonly used medicinal ingredients (American ginseng, turmeric, reishi, and more), their healing properties, and how to use them seamlessly in your cooking--whether in a warm tea, restorative bone broth, a sweet smoothie, or your favorite dinner. Each of the over 50 delicious recipes ingeniously incorporates a food-as-medicine ingredient, with consideration for seasonality, digestion, and body constitution, and specific concerns, like menstrual pains, nausea, anxiety, blood circulation, respiratory health, and more. For those with dietary restrictions, each recipe also includes a key for vegan, nut free, dairy free, gluten free, plus the TCM energetics and uses. Recipes span all day and every meal, plus beverages and desserts: Sesame Goji Granola Pumpkin and Lotus Seed Hummus with Crudit  Reishi Mushroom Miso Soup Steamed Whole Fish with Herbal Soy Sauce Warming Lamb Noodle Soup Saffron Mulled Wine With beautiful photographs throughout, this soothing, practical guide is perfect for those looking to eat for healing, nourishment, and joy.

Classic Chinese Cookbook Yan-kit So 2006 Whether you want to cook a quick and nutritious family meal or impress with a spectacular dinner party, Yan-Kit So teaches you how to chop, slice, stir-fry, steam, roast and braise fantastic authentic Chinese food. Find out how to master the equipment and techniques that will enable you to turn exotic ingredients into fabulous food. Try over 140 step-by-step recipes for all kinds of

dishes drawn from China's regional culinary traditions, from Sweet and Sour Pork to Cantonese Fire Pot and Bean Curd Puffs, with clear guidance on how to prepare and cook each dish. Get chopping - tasty results guaranteed every time!

Recipes from the Garden of Contentment Yuan Mei 2018-10-31 Recipes from the Garden of Contentment: Yuan Mei's Manual of Gastronomy is the first English edition of the *Suiyuan Shidan* 随园食单, one of the world's most famous books about food. It is both a culinary treatise and a cookbook, written in the late eighteenth century by the poet Yuan Mei 袁枚. This translation by Sean J. S. Chen conveys the charm, humor, and erudition of one of China's greatest writers. The book includes recipes for well-known yet exotic dishes such as bird's nest and shark's fin, and offers modern readers a unique perspective on Chinese history and culinary culture.

Complete Chinese Cookbook Jacki Passmore 1998-04-01 For the Chinese, eating is a celebration of life, part of an eternal pursuit of health and harmony. This book not only presents a feast of authentic dishes, but books behind the recipes to show how simple and satisfying it is to be creative with Chinese cooking.

Complete Chinese Cookbook Ken Hom 2015 A guide to making easy and delicious Chinese food for today's busy lifestyle.

Pursuing The Elixir Of Life: Chinese Medicine For Health Hong Hai 2016-12-15 Since time immemorial Man has pursued the elusive elixir of life. The wisdom of ancient Chinese medicine declared immortality unattainable, but offered the elixir of longevity through lifestyle, diet, the judicious use of herbal tonics and the practice of subtle but powerful exercises of qigong and taijiquan. This concise volume explains in modern scientific language the principles of ancient Chinese methods of health and the practice of yangsheng 养身 or life cultivation. Natural holistic solutions to health issues and the intricacies of Chinese diagnosis and therapies are brilliantly exposed, complete with detailed descriptions of herbs, acupuncture and tuina. Discover appetizing recipes for soups, porridges and teas that give you that healthy glow and nourish your body and soul. Based on a series of popular lectures by the authors, this book opens a new chapter in your pursuit of a long and fulfilling life. It is also excellent preparation for more advanced studies in Chinese medicine.

The Wisdom of the Chinese Kitchen Grace Young 2014-07-01 *The Wisdom of the Chinese Kitchen*, with its 150 recipes culled from a lifetime of family meals and culinary instruction, is much more than a cookbook. It is a daughter's tribute -- a collection of personal memories of the philosophy and superstitions behind culinary traditions that have been passed down through her Cantonese family, in which each ingredient has its own singular importance, the preparation of a meal is part of the joy of life, and the proper creation of a dish can have a favorable influence on health and good fortune. Each chapter begins with its own engaging story, offering insight into the Chinese beliefs that surround life-enhancing and spiritually calming meals. In addition, personal family photographs illustrate these stories and capture the spirit of China before the Revolution, when Young's family lived in Canton, Shanghai, and Hong Kong. The first part, "Mastering the Fundamentals," provides instruction on the arts of steaming and stir-frying; the preparation of rice, panfried, and braised dishes; the proper selection of produce; and the fine arts of chopping and slicing. Part Two, "The Art of Celebration," concentrates on the more elaborate, complex, and meaningful dishes -- such as Shark's Fin Soup and West Lake Duck -- that are usually made with rare ingredients, and sweets such as Water Chestnut Cake and Sesame Balls. The final part, "Achieving Yin-Yang Harmony," explores the many Chinese beliefs about the healing properties of ginseng, ginkgo nuts, soybeans, dong quai, and the many vegetable and fruit soup preparations that balance and nourish the body. The stories and recipes combine to demonstrate the range of Cantonese cooking, from rich flavors and honored combinations to an overall appreciation of health, well-being, and prosperity. In addition to the recipes, Young provides a complete glossary of dried herbs, spices, and fresh produce, accompanied by identifying photos and tips on where to purchase them. Unique traditional dishes, such as Savory Rice Tamales and Shrimp Dumplings, are also illustrated step by step, making the book easy to use. The central full-color photo section captures details of New Year's dishes and the Chinese home decorated in celebration, reminding one that these time-honored traditions live on, and the meals and their creation are connections to the past.

The China Study Cookbook LeAnne Campbell 2013 This cookbook written by the daughter of China Study author T. Colin Campbell features delicious, easily prepared plant-based recipes with no added fat and minimal sugar and salt that promote optimal health.

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