



## Herbal Chinese Cooking

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**One of the most basic premises of traditional Chinese medical therapy states, "When illness occurs, first try to cure it with food; only when food fails should one resort to herbal medicines."** Traditional Chinese medicine has been utilized for over 2500 years and is used regularly by millions of people around the world. *Herbal Chinese Cooking* contains everything you need to make over 30 easy, healthy, and authentic herbal Chinese recipes. Boost your vitality while enjoying a delicious meal. Each recipe has a description of benefits and the ailments treated. Recipes include:

- Black chicken tonic with red dates
- White turnip herbal soup
- Chicken stewed with Job's tears
- Curried cinnamon rice
- Four herb tonic soup
- Tian Qi chicken soup
- Miso fish soup with daikon
- Braised sesame beef with fennel
- And many more!

Also included in this book are unit conversion tables, dual unit measurements, a photo overview of the most essential herbal ingredients, and over 30 large clear photos. Each recipe includes cook time, prep time, and serving sizes. Enjoy!

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