

Western Recipes Adapted For Traditional Chinese Medicine

Recipes by Sandy Jarosch

Blood Deficiency

Hot Rice with Almond Milk

*1 glass of rice milk or ½ glass of almond milk
pinch of cinamon, ginger, cardomen*

Heat ingredients in a small pot. Serve with a sprinkling of seeds on the top. A vanilla bean adds a lovely flavour.

Aduki Beans mix for crepes

Soak 1 cup of aduki beans overnight.

Rinse and replace with fresh water. Cook with 10 – 12 Chinese red dates until beans are soft. Most of the liquid should have evaporated by this stage, if not remove some so that the beans are only just covered. Add the sliced peel of 1 mandarin and continue cooking till all the liquid has gone and mash beans or blend in a blender to a thick paste consistency. For a sweeter version add apple juice and raisons to the final stage of cooking.

Serve in crepe, nann bread or chapiti with avocado, sprouts and bitter lettuce greens.

Crepe Mix

1 egg

One quarter a cup barley flour

Water to mix into batter.

Other flours – white or brown rice flour, wholemeal, buckwheat, yellow cornmeal flour (this is best mixed with a little of one of the above flours).

Brown Rice or Cracked Wheat with Spinach Sauce

Brown Rice

1 cup of brown rice

2 cups of water

Several cardomon pods

Place ingredients into a pot with a lid. Bring to the boil then reduce heat to low, cook until water is absorbed and rice is soft – approximately 50 minutes. Let sit for a few minutes, remove seeds.

Serve with spinach sauce and a mixture of black and white sesame seeds.

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Cracked Wheat

Half a cup of cracked wheat

Cover cracked wheat with hot water till the wheat swells – at least half an hour. Press into a sieve to remove excess water. Fork through spinach sauce or try any of the following - parsley, diced green peppers, spring onion, ginger, or sesame seed dressing.

Spinach Sauce

Wash spinach and cook without adding extra water until soft. Blend in a blender. Return to a pot with a pinch of paprika and enough water or coconut to form the desired consistency. Heat through and thicken with arrowroot.

Stir Fried Vegetables and Egg Fu Yung

Chinese cabbage – diced

A few button mushrooms

Half a large carrot cut into matchsticks

1 spring onion

fresh ginger

garlic

2 eggs beaten

Sautee vegetables until tender in a little cold pressed oil. Add eggs, swirl around pan, flip over and serve with chopped parsley.