

Western Recipes Adapted For Traditional Chinese Medicine

Recipes by Sandy Jarosch

Qi deficiency

Hot Grape juice with Tangerine peel.

1 glass of natural grape juice or ½ grape juice ½ water

sliced peel of a tangerine or mandarin

2 pieces of Licorice root

Heat the above together in a small pot, avoid boiling – simmer slowly to draw flavour from the Licorice root.

For an extra boost put ½ -1 teaspoon of molasses in the bottom of a glass and pour hot juice over. Mix until dissolved.

Cornmeal Millet Porridge.

2 Tbsp cornmeal

1 Tbsp ground yellow millet

3 Chinese dates, finely chopped

a few lycii berries or logan fruit

pinch of cardomen and ginger

Mix with approximately ¾ cup of water, cook as porridge and add water to achieve the consistency you prefer. Serve with chopped nuts or cooked fruit.

Baked Stuffed Sweet Potato topped with Tofu Crumble.

Wash a Sweet potato and cut in half. Bake in oven till cooked.

Remove and allow to cool before removing centre. In a bowl mix –

Half a Spring onion

finely slithered peel of ½ mandarin or tangerine

Three quarters a cup of chopped parsley and walnut mixed together

soaked seaweed and shitake mushrooms finely chopped

Mix the above ingredients with the potato centre, save ½ the parsley mix. Stuff in sweet potato shell, cover with tin foil – return to oven to keep warm while preparing the crumble.

Tofu crumble

A quarter of a block of medium firm tofu cut into very small cubes. Marinade in garlic, ginger, tamari and enough water to cover the diced tofu.

Heat a small pan, add mixture, cook on a medium heat, stirring regularly so as not to stick to the pan till all the liquid has evaporated and the tofu is crumbly in texture. Put aside, when cool mix in remaining parsley mixture.

Serve sweet potato with steamed choy sum. Sprinkle tofu crumble over both.

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Coconut Jasmine Rice

1 cup of jasmine rice

Half a cup of coconut

2 cups water

several cardomen pods

Bring to the boil, reduce to a low temperture with the lid on and cook till the water is absorbed. Let sit for a few minutes, remove pods. Put into a serving dish. Dress with a small handful of pre soaked seaweed.

Tempeh and yam mince.

One third of a block of tempeh, chopped into small pieces

3-4 yams (red or yellow), diced

Half an onion

garlic and ginger to taste

1 small red or green pepper

2 Tbsp of tomato puree

1 tsp of red miso

pinch of caraway, mustard seeds

In a pan sauté onion, garlic and ginger, add yams. Add just enough water to prevent sticking, cooking with lid on till the yams become soft – a few minutes. Add tempeh, pepper, tomato puree, and seeds. Add enough water to blend through. Cook approximately 5 minutes mix in miso. The amount of water you add will determine the consistency of the dish, if it becomes too runny add arrowroot or kudzu to thicken. Parmesan cheese tops this dish off nicely.

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Oat Cookies.

2 cups rolled oats

4-5 logan fruit (chopped)

Half a Tbsp lycii berries

10 Chinese red dates (chopped)

Three quarters a cup of finely chopped nuts any combination of the following -a mix of seeds – sunflower, pumpkin, sesame lightly blended, coconut or millet.

Half a cup barley malt or rice syrup

1 Tbsp tahini or oil or butter

Pinch of cinnamon, ginger or zest of mandarin peel (optional)

Put ingredients into a mixing bowl, except barley malt, which should be warmed lightly by sitting in a container of hot water. This helps it distribute through dry ingredients easier. Use a fork till evenly mixed though. The final dough is firm but not too dry – if so just add more barley malt or rice syrup. Roll into balls, press lightly onto a greased tray.

Bake in a medium oven 10 – 15 minutes till lightly browned.

Logan Slice

1 and a half cups rolled oats

One quarter of a cup yellow millet flour

Half a cup soyflour

4-5 logan fruit

handful of raisins

10 Chinese red dates

1-2 Tbsp barley malt

1 Tbsp honey

1 Tbsp tahinni

1-2 egg whites

Soak fruit first then grind fine, mix with all other ingredients with a fork. This is a firm but moist mix. Spread into a baking tray. Bake in a medium oven until light brown, 15 – 20 minutes.