

Western Recipes Adapted For Traditional Chinese Medicine

Recipes by Sandy Jarosch

Yang Deficiency

Hot Apple and Ginseng Tea.

Make a concentrate from;

1 root Panax ginseng

1 stick cinnamon

1-2 pieces of ginger (size of a 20 cent piece)

3-4 pieces of liquorice root

pinch of fennel (optional)

Place this into a saucepan with 1 and a half cups of water and simmer together till half a cup remains. Add enough apple juice to make up 1 litre of liquid.

Serve as a cold drink in summer or as a hot drink in winter with nutmeg sprinkled on top.

Or pour a little of the extract into a cup and top up with Jasmine tea.

Stewed Fruit with Herbs.

4 apples

6-8 Chinese red dates – chopped and stones removed

1 Tbsp lycii berries

3-4 pieces of logan fruit

pinch of cardomon, dried ginger and cinnamon.

1 Tbsp white miso (optional)

A handful of raspberries (either frozen or in season)

1 heaped tsp arrowroot or kudzu

Put all ingredients, except the raspberries, arrowroot and miso in a pan with a little water or apple juice. Cook until pulpy with lid on, remove lid and add raspberries. Heat through then add arrowroot mixed with the miso and a little water. Cook until thick.

Shitake Mushroom Soup.

3-4 Shitake mushrooms – soaked with seaweed. Keep liquid for part of stock

a few slices of tempeh or tofu

spring onion and ginger to taste

tamarib

bontio flakes (optional)

Place 1 and a half - 2 cups water/stock in a pan with spring onion and ginger. Bring to the boil and simmer for a few minutes, remove from the heat. Add seaweed, Shitake mushrooms and tempeh/tofu, heat through.

Tamari and bontio flakes may be added at the final stages.

Western Recipes Adapted For Traditional Chinese Medicine

Recipes by Sandy Jarosch

Black Tai Rice with Pistachio Nuts.

1 cup of black Tai rice

2 cups of water

6-8 cardomon pods

Bring to the boil then reduce to a low temperature, continue to cook with the lid on till water has been absorbed, 40 – 50 minutes approximately. Let this sit for a few minutes. Remove pods. Put into a serving dish, sprinkle with chopped Pistachio nuts. A dressing of Tamari, lemon juice and horseradish or mustard tops this off.

Roasted vegetables.

Dice a mixture of – Sweet potato, yam, pumpkin, red onion, potato, carrot, broccoli plus fresh ginger.

Place all except broccoli and fresh ginger into a roasting pan. Sprinkle with basil, rosemary and thyme. Dazzle over a little cold pressed oil. Cover with tin foil and roast until nearly cooked through, add broccoli and ginger. Roast without the tinfoil for 5-10 minutes more so that broccoli is still green but cooked through.

Serve with herbed chickpeas, choy sum or other leafy greens. Parmesan cheese tops this off nicely.

Herbed Chickpeas.

1 cup chick peas

3 pieces discorea

several lotus seeds

6-8 cardomon pods

Overnight soak chickpeas with discorea broken into small pieces, and lotus seeds.

Rinse, place in a pan with fresh water and cardomon pods. Cook until soft, drain and use as required.