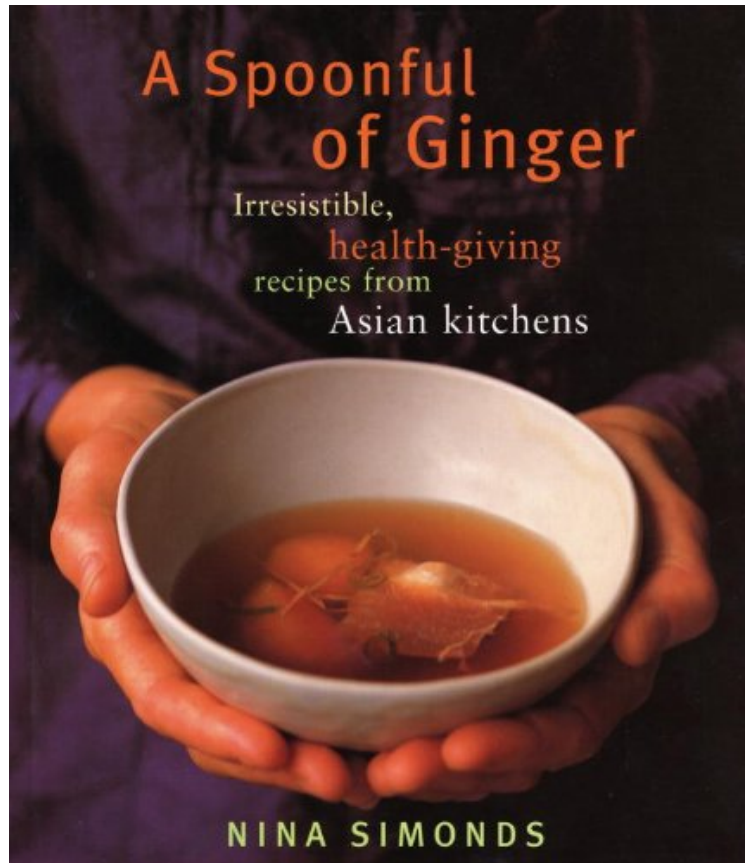


(Ebook pdf) A Spoonful of Ginger: Irresistible, Health-Giving Recipes from Asian Kitchens

A Spoonful of Ginger: Irresistible, Health-Giving Recipes from Asian Kitchens

Nina Simonds

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Nina Simonds : A Spoonful of Ginger: Irresistible, Health-Giving Recipes from Asian Kitchens before purchasing it in order to gage whether or not it would be worth my time, and all praised A Spoonful of Ginger: Irresistible, Health-Giving Recipes from Asian Kitchens:

0 of 0 people found the following review helpful. Five StarsBy Mary J BurnsGreat recipes and easy to put together and enjoy. Seller was great and would buy from this seller again.1 of 1 people found the following review helpful. Good recipes, paired with info on Chinese medicineBy madaboutbrubeckThis book is one of my favorites for Asian cooking. The recipes are easy to follow and the dishes are tasty, so I make a number of them regularly. Beyond all that, the author explains the foods' healing properties, according to Chinese medicine: countering yin/cooling foods with yang/hot ones, and eating neutral ones. The recipes are practical applications of the concepts, making this book an easy-to-read and informative introduction to 'health-giving' foods. The author's side comments on recipes and introductions to chapters are really interesting too. It seems to be a little difficult to find this book now, which originally was published in 2000.0 of 0 people found the following review helpful. A Definate WinnerBy LeAnn

BachShe is an amazing author. She chooses her ingredients, many can be used from recipe to recipe, and the best cooking style. This leaves the reader to alter the quantities to suit taste. When we're done trying her recipes we would actually be "learning to cook" with this book, as it is with her other book "Simple Asian Meals". Both books are informative, inspiring, and fun to cook with. I hope she writes more cookbooks in the future.

From the best-selling authority on Chinese cooking, a groundbreaking cookbook based on the Asian philosophy of food as health-giving. These 200 delectable recipes not only taste superb but also have specific healing properties. It's a question of balance: countering yin, or cooling, foods, with yang, or hot, foods, and neutralizers like rice and noodles. It is all here in this remarkable book. From the exotic to the earthy, Simonds will convince you that you can enjoy marvelous food every day—relishing its good taste and knowing it is good for you.

.com Part cookbook, part primer of Chinese medicine, Nina Simonds's *A Spoonful of Ginger* offers dietary advice, herbal home remedies, and lively, unimposing Asian recipes for the American home cook. Try Braised Duck with Tangerine Peel and Sweet Potato as a cure for high blood pressure. Baked Black Bean Shrimp might be just the dish to get you over that bout of depression. Simonds presents the ailing reader with concoctions to relieve everything from hangovers to frostbite. And lovers of fine food need not despair—medical advice is kept brief, presumably to make room for more delicious recipes. For example, Steamed Fish with Black Mushrooms and Prosciutto makes no claims to cure anything but hunger. And any volume on health food that features a substantial section on pork (check out Spicy Pork Tenderloin with Leeks and Fennel) can hardly be called austere or old-fashioned. With tastes from all over Asia represented, from Indian curries to Japanese miso, these 200 dishes are tasty riffs on Chinese themes that should cure even the most jaded of palates. --David Kalil
From Publishers Weekly
Diverging from what she believes is the Western tendency to regard food as the "enemy," Asian food authority Simonds (*Classic Chinese Cuisine*; *Asian Noodles*) has compiled a cookbook espousing the Asian holistic philosophy of food as a "nurturing, benevolent friend that maintains and restores health." Simonds describes the Chinese holistic approach to food and eating as one that is in sync with the seasons, matched to individual body type and specific developmental periods (infancy through mature adulthood). She also explains how the key concepts of yin and yang are applied to achieve dietary balance and harmony. Divided into soups, seafoods, poultry, meats, vegetables and "neutralizers" (rice, breads and noodles), each of the 200 recipes contains purported therapeutic properties based on traditional Chinese medicine: Spicy Garlic Lobster is recommended for impotence and improving appetite, and Red-Cooked Lamb with Sweet Potatoes will help with general weakness and anemia. Engaging anecdotes and sidebars spoon-feed nuggets of Chinese holistic wisdom (for example, ginger is believed to rid the body of toxins, and duck dishes are prescribed to alleviate dizziness from hypertension). The last three chapters are devoted specifically to "food as medicine," including immune system-fortifiers tofu and soybeans, therapeutic sweet soups (Steamed Asian Pears with Honey and Almonds, for sore throats) and constitutional tonics (Lotus Root Cooler, for detoxifying the liver). Prescribing recipes for wellness in easily palatable prose, Simonds offers a well-researched and practical guide to holistic cooking (and eating) with sensuous, Eastern flair. Copyright 1999 Reed Business Information, Inc.
From School Library Journal
YA—Briefly outlining some basic principles of Chinese medicine, a tradition that has long used foods for therapeutic purposes, Simonds introduces readers to the ways in which foods and their own bodies relate to such concepts as yin and yang, seasons, and life passages. Some 200 tempting recipes for a variety of dishes (and, in the last chapter, tonics) are reasonably simple and clearly explained, and use ingredients that are, for the most part, readily available. Each one is accompanied by notes on its healthful properties; readers can also refer to a brief list of common ailments and a thorough index to find individual recipes for health purposes. While most dishes appear to be derived from Chinese cuisine, a few come from other Asian traditions. The book is attractively designed and generously illustrated with photos; scattered throughout are sidebars that describe different sorts of chiles or soybeans and their by-products, and offer anecdotes about Asian cooks and healers with whom Simonds has worked. This is a very positive and useful approach for teens interested in health, alternative medicine, or just good cooking. It presents a highly attractive alternative to dieting.
Christine C. Menefee, Fairfax County Public Library, VA
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