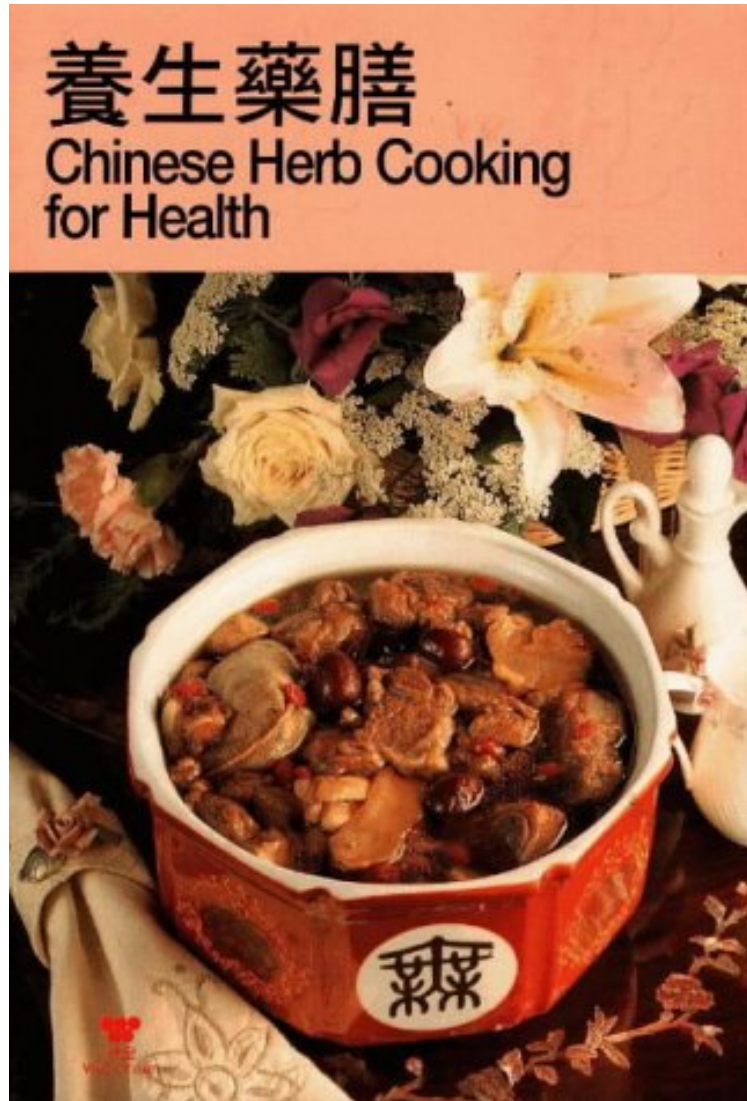


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Chinese Herb Cooking for Health (English and Chinese Edition)

Wang-Chuan Chen

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Wang-Chuan Chen : Chinese Herb Cooking for Health (English and Chinese Edition) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Chinese Herb Cooking for Health (English and Chinese Edition):

0 of 0 people found the following review helpful. the very best Chinese herbal cookbook for health. By Rick H. Wong Excellent resource. I use it often. If you are near a Chinese herb shop just bring it in and point to the recipe. The other common food items are in any Asian market. Beautiful photography and very well written and organized. Have fun cooking and shopping for the herbs and cooking equipment. 2 of 3 people found the following review helpful.

Excellent but ingredients ...By Falling MapleI think this book contains a lot of nice recipe, however, some of the herbal medicines are probably hard to find in oversea. It's not something you would have bought typically and you will have to buy a few types. At the end, you end up not trying to cook the dishes as much.

Chinese Herb Cooking for Health is the result of years of research offering for the first time, delicious and flavorful herbal dishes which have been documented to relieve various specific human ailments. The medicinal herbs referred to in this book are readily available in any Chinese medicine or herb store and the recipe ingredients are common and easily obtained in local markets. Amazingly, the cooking methods are simple and easy to learn. At least, herb dishes that taste delicious, nourish, adjust and regulate the body have been incorporated into one easy to follow cookbook.

From the PublisherChinese herb cooking is notable for its medicinal effect and is a belief that prevention is more important than the cure in the public eye. This cookbook has enhanced the eat healthy awareness to the public. Emphasizes on the compatibility of the medicinal herbs and various food ingredients as to provide a nutritious meal with the medicinal benefits.Chinese Herb Cooking for Health is the result from numerous years of throughout research to compile the recipes. Each recipe have been tested and documented for its effects on consumers. The East and West alike have increasingly appreciated the value of Chinese medicinal herbs; therefore, this cookbook has been created to suit the health-conscious individuals.We recommend our readers bring the cookbook to a Chinese medicinal herb shop so the shopkeeper may pack the herbs according to the recipes in small pouches for easy use at home. All the medicinal herbs used in this cookbook are easily obtained and are reasonably priced. Therefore, you can improve your health and enjoy delicious food at the same time by following the simple but detailed cooking instructions.