

## Tonifying Mutton Soup



By: Joyce ZaffarUllah

## Tonifying Mutton Soup

### Ingredients and their Function:

Mutton Neck: warm, sweet, goes to Spleen and Kidney; warms Middle Jiao; enriches Qi and Blood.

Urad Dal: mild, sweet, SP, ST, KI, warms Kidney, Middle Jiao, Drains Dampness, promotes urination

Parsnip a.k.a. Winter Ginseng: warm, sweet, sl bitter; SP, LU, (HT) Qi tonic, calms shen, tonifies in winter.

Carrot: neutral sweet, Lung, Spleen, & Liver Clears Heat and Detoxifies; Strengthen Spleen, aids in digestion, helps promote lungs D/D function.

Fresh Ginger: warm, pungent, LU, ST, SP, Qi and Yang Tonic, Transforms Phlegm, stops vomiting

Red Jujube Date: warm, sweet, SP,ST; Qi & Blood tonic, produces Fluids Detoxifies Gou qi zi; neutral sweet; LR, KI; replenishes Essence, improves eyesight.

Sea Salt: warm, salty; KI, benefits kidney.

Cinnamon bark: acrid, warm, regulates ying and wei

Basil: 10 leaves

Scallion: 3 whole, chop well

Corriander: 5 sprigs, leaves only

Cook Mutton with all the herbs and spices except scallions and coriander, in a pot of water. Bring to a boil, then simmer on a slow flame, 4—5 hours, overnight is o.k.

Wash the urad dal and add to the soup. Add additional water if necessary. Chop the carrots and parsnips and cook for an additional 45 minutes. Turn off flame.

Garnish with scallion and coriander. Serve hot.

Good for tonifying qi, invigorating blood, and regulating menses. Also good for amenorrhea.

## **Jeanne's Watermelon & Ginger Soup**



By: Jeanne Falabella

## Jeanne's Watermelon & Ginger Soup

6 cups well pureed, ripe watermelon

3 teaspoons grated fresh ginger

1.5 to 2 cups "Bulgarian" style buttermilk (or Kefir or plain yogurt)\*\*

"Pinch" of salt

Combine all ingredients and refrigerate overnight to bring out the flavor of the ginger. Serve chilled in bowls and garnish, if desired, with sprigs of peppermint.

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### Ingredients and their Functions:

#### Watermelon

- 1) Clears heat & promotes the production of body fluids
- 2) Induces urination

#### Ginger

- 1) Warms the middle Jiao, anti-emetic
- 2) Warms the Lung, anti-tussive

#### Salt

- 1) Clears heat

\*\*The amount of buttermilk is based on how thick and creamy you want your soup.

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### Application:

Use as a dietary staple during the late summer months to cool inner heat and rehydrate the body but no more than a few times a week.

Too much watermelon can cause excess urination --÷ dehydration --÷ dry heat —+ cough. It can also bring cold to the Stomach and Spleen leading to abdominal pain and/or diarrhea. Ginger is mildly warming and acts as a counter-balance to the cooling properties of the melon and the phlegm-inducing tendencies of the dairy product. Ginger also stimulates the appetite which tends to be suppressed by summer damp and heat. Salt clears heat as well but in this case a minimal amount is used to spice up the flavor of the watermelon. If you want to avoid the possibility of inducing phlegm then the buttermilk/yogurt can be eliminated and you will have a juice instead of a soup.

## Double Precious (Qi and Blood) Soup



By: Martin Wong

## *Double Precious (Qi and Blood) Soup*

### **Ingredients**

- 1) Chicken
- 2) Lotus rhizome
- 3) Lotus seed
- 4) Chestnut

### **Flavor and Nature**

- 1) Chicken — Flavor: sweet, Nature: warm
- 2) Lotus rhizome — Flavor: sweet, Nature: slightly warm
- 3) Lotus seed — Flavor: sweet, Nature: neutral
- 4) Chestnut — Flavor: sweet, Nature: warm

### **Function of the ingredient**

- 1) Chicken — replenish Qi and nourish blood
- 2) Lotus rhizome
  - a. reinforcing spleen and stomach
  - b. enriching the blood
- 3) Lotus seed — nourish heart and tranquilize the mind
- 4) Chestnut
  - a. reinforcing spleen and stomach
  - b. Nourish the kidney and strengthen the back

### **Function of the Recipe**

- 1) To reinforce the stomach and spleen function
- 2) To promote the production of blood
- 3) To replenish Qi and blood
- 4) To harmonize the heart and the kidney

### **Application**

- 1) For poor appetite due to weakness of spleen and stomach
- 2) For Qi and blood deficiency syndrome
- 3) For Palpitation, insomnia and yin deficiency due to heart and kidney disharmony

### **Directions**

- 1) Crack fresh chestnut and peel its inner skin.
- 2) Wash and peel the Lotus rhizome. Cut it into thin slices.
- 3) Wash Lotus seed.
- 4) Boil chicken briefly to remove the frozen taste. Remove the chicken from hot water and rinse it under cold water for a short while.
- 5) Put the chicken in a pot and cover it with enough water. Put Lotus seed in and cook for ½ an hour.
- 6) Put Lotus rhizome in and cook for another 15 minutes. Lastly put the chestnut in and cook for ½ an hour more.
- 7) Sprinkle with some salt to enhance taste of soup.

# Scallion Pizza



By: Taejung (Harry) Kim

## Scallion Pizza

### 1. Ingredients & function

- 1) Flour: Cold property. Promote urination. Tonify LV, HT function.
- 2) Scallion: Warm property. Warm the body. Tonify yang. Increase blood circulation. Promote digestion
- 3) Shrimp: Cold property. Tonify Qi. Good for hypertension. Strength lower leg & back. Tonify KI essence, Qi.
- 4) Onion: Warm property. Good for digestion. Relieve toxicity. Infertile. Insomnia. Reduce the cholesterol level.

### 2. Application

— Deficiency Qi and Yang. Constipation. Low back pain

### 3. Recipe

Dipping sauce:

- 1 ½ cups low—sodium soy sauce
- 1 teaspoon toasted sesame seeds
- 1 big slice fresh scallion, pepper, chopped

— Combine all the dipping sauce ingredients in a bowl

- 1 large egg
- ½ cup water
- ½ teaspoon kosher salt
- 1 teaspoon toasted sesame oil
- 1 ½ cups all—purpose flour
- ¼ cup finely chopped fresh shrimp
- ½ cup chopped fresh onion
- Olive oil, for frying

Put the egg, water, sesame oil, and salt into a blender and blend well. Add the flour and shrimp, onion then blend until smooth, it should be the consistency of heavy cream. Heat a large nonstick skillet over medium high heat; add 4—6 teaspoon oil and spread it around the pan. Pour in half the batter swirling and tipping the pan to get one thin layer over the bottom of the pan, then put the scallion on the batter. Cook until set, about 3 minutes. Flip the scallion pizza with a spatula and cook on the other side for about 1—2 minutes. Serve with the dipping sauce.

## Black Nourishing Soup



By: Amy Aizhen Wu

## Black Nourishing Soup

### Ingredients

- |                          |                   |
|--------------------------|-------------------|
| 1. Black wood ears       | 15g               |
| 2. Black sesame (powder) | 100g              |
| 3. Black bean            | 1/3 cup           |
| 4. Barley (yi yi ren)    | 1/3 cup           |
| 5. Lotus seeds           | 1/3 cup           |
| 6. Gui Hua               | 5g                |
| 7. Dates (Red, Honey)    | 1/3 cup, 3 pieces |

### Function of ingredients

#### **Black wood ears**

1. Tonifying kidney, nourishing yin
2. Invigorate Qi and blood

#### **Black sesame**

1. Tonifying five zang organs, promote to produce brain marrow, delay aging <sup>(2)</sup>
2. Longevity food <sup>(2)</sup>

#### **Black bean**

1. Nourishing kidney yin
2. Reinforcing spleen, removing damp —Bi
3. Detoxifying

#### **Barley**

1. Diuretic, easing urination and removing dampness
2. Detoxifying <sup>(3)</sup>

#### **Lotus seed**

1. Nourishing heart and tranquilizing mind
2. Strengthening ST/SP <sup>(4)</sup>

#### **Gui Hua**

1. Dispersing Qi, dissolving phlegm, stop coughing

#### **Red dates**

1. Tonifying spleen

#### **Honey dates**

1. Moisture of large intestine

### Function of the soup

1. Nourishing yin
2. Strengthening middle Jiao
3. Reinforcing defensive Qi
4. Detoxifying
5. Removing dampness
6. Blackening hair

### Application

1. General weakness and edema due to malnutrition
2. Yin deficiency or kidney deficiency
3. All ages loss hair, grey hair due to kidney yin deficiency
4. Chronic cough
5. Insomnia and poor memory

**The Dragon & Phoenix Returning to the Nest**  
**Ethereal Substance Congee**



By: John Clauss

John Clauss  
Eastern Nutrition  
Winter 2006

*The Dragon & Phoenix Returning to the Nest*  
*Ethereal Substance Congee*

**Name:**

The external meaning of Chinese medicine is in reference to the systems of healing that has been traditionally used by the people of the Central Kingdom. The internal meaning is the direct realization of the Central Channel that liberates the totality of suffering and bestows the realization of happiness. The secret meaning is the unity of mind and body, Heaven and Earth and the fusion of yin and yang back into its original non-dual nature. Therefore I chose the name Dragon and Phoenix Returning to The Nest to symbolize the non-dual nature of the original source in which disease becomes not just managed but liberated. Because this particular batch of Congee was cooked and consecrated in the Fire Dog year on the twenty fifth day of the second month Dakini day it is called Ethereal Substance Congee. The Dragon and Phoenix Returning to the Nest Ethereal Substance Congee was made so that classmates who partook of this immortal elixir would have abundant health, prosperity and happiness.

**Ingredients:**

Magnetic water, red bean, ze ml, yi ml, xu ml, xiao im, lain zi, yin er, hong zao, long yan and one ethereal substance pill from the Sera Monastery in Lhasa.

**Actions:**

The water was magnetized to open the atoms of the water so that it would be purified and easily absorbed by the body. When it is absorbed into the body it also magnetizes the body's internal homeostatic water and really increases one's health. Red bean, zi ml, yi mi, xu mi, xiao ml and han zi all together strengthens the spleen, nourishes the blood and smoothes the qi. Red bean and red date in particular nourishes the blood. Yi ml leeches dampness, yin er nourishes lung and stomach yin and all together nourishes the spleen, leeches damp, nourishes the blood, smoothes the qi and calms the spirit.

**When to use:**

Use this congee after giving birth, digestion is weak, blood and qi deficiency, and as a general health tonic.

**How to make:**

Add a little yellow rock sugar and boil for one and a half hour.

**References:**

The Internal Classic states that when the spleen is strong one will not be attacked by evil. In the tantras of Padmasambhava he states many times that the consumption of ethereal substance has the best 'health benefits. Amongst the mountain people of Sichuan they commonly use the Eight Precious Ingredient Congee for health preservation. The Dragon and Phoenix Returning to The Nest Ethereal Substance Congee was made to achieve unity in mind and body so that yin and yang can return to its original non-dual nature. I wish everyone eternal good health, prosperity and wisdom and long life!!!

## Shen Ji Tang



By: Chong Mu Lee

## Shen Ji Tang

### Function of Ingredients

**Cornish hen:** Propensity for Spleen and Stomach channel

1. Warming middle Jiao
2. Nourish Spleen
3. Enrich and nourish Qi and Blood

**Ginseng:** propensity for Spleen, Lung and Heart channel

1. Invigorate Renal Qi
2. Strengthen Qi of Spleen and Lung
3. Promote production of Body Fluid to quench thirst
4. Calm the mind to promote intelligence

**Garlic:** propensity for Spleen, Stomach and Lung channel

1. Warming Middle Jiao
2. Reinforce Stomach and aiding digestion
3. Detoxifying
4. Killing parasites

**Sweet sticky rice:** propensity for Spleen

1. Reinforce Spleen, Stomach and Lung Qi

### Function of the Recipe

**Attributing the function of spleen, stomach, lung and heart channel**

1. Warm Middle Jiao
2. Enrich and nourish Qi and Blood
3. Tonify Kidney and Jing
4. Reinforce Stomach and aid digestion
5. Promote production of body fluid to quench thirst
6. Calm the mind to promote intelligence
7. Detoxifying the body
8. Killing parasites

### Direction

1. Wash the fresh Cornish hen and remove fat
2. Put all ingredients in the Cornish hen's abdomen and place in the pressure cooker
3. Add 7 cups of water in the pot
4. Cook with a strong heat to boil, then reduce to medium heat for 40 minutes
5. Serves when it's hot, and add salt and pepper, if you want

### **Application**

1. For deficiency, emaciation, and persistent illness or edema, due to the weak spleen.
2. For the collapse syndrome due to qi deficiency, manifested as shortness of breath, fatigue, feeble pulse, extreme weakness after disease, prolonged illness, heavy blood loss or severe vomiting.
3. For the palpitation, anemia, insomnia, weakness, and dizziness due to the deficiency of qi and blood, or for the lack of milk after child birth
4. For the frequent urination, seminal emission, and tinnitus, due to the deficiency
5. For the deficiency of spleen, manifested as fatigue, poor appetite, fullness of the upper abdomen, or diarrhea.
6. For diabetes with the thirst, due to consumption of body fluid
7. For the febrile disease with consumption of both qi and body fluids, manifested as excessive sweating, shortness of breath or weak and thin pulse
8. To treat impotence, due to kidney deficiency.
9. For TB and pertussis

## Ma Pou Tofu



By: Kai Hu

*Ma Pou Tofu*

FUNCTION: Remove dampness & Expel cold.

INGREDIENT:

Tofu — clear heat & dampness

Garlic — warming the middle Jiao

- Reinforcing the stomach and aiding digestion
- Detoxifying
- Killing parasites

Ginger — expel cold

Vinegar — assisting digestion & detoxification

Pork mince — nourish Yang

Shrimp — nourish yin

Sichuan chili sauce — removes dampness & expels cold

DIRECTION:

1. Fry Tofu with vegetable oil for 5 mm, and then take out for late use.
2. Mix pork mince with starch, salt, ginger powder, sugar, and vinegar, green Onion pieces, egg yolk.
3. Fry pork mince with low heat until half done. Take out and prepare for Late use.
4. Mix shrimp with starch, egg white, salt, ginger powder.
5. Fry the shrimp with low heat until it turn white, then take out for late Use.
6. Fry garlic and ginger pieces until the fragrant smell being smelled.
7. Add some sugar, salt, vinegar, soy sauce and large amount of Sichuan Chili sauce.
8. Stir fry the mixed sauce until seeing the red oil coming out.
9. Add water or chicken soup. Boil it until boiling.
10. Put fried Tofu, pork mince, shrimp in the boiling sauce and cover the pot to boil for 10 min.

REFERENCE: Classic Sichuan cuisine. Chinese Dietary Therapy.

## Rice Flour Cake



By: Chun Li

## Rice Flour Cake

### **Materials:**

Red bean	100g
Black sesame	100g
Rice flour	200g
Soy bean milk	60g
Honey	10g

### **Red bean:**

Flavor: sweet

Nature: Neutral

Channel: Spleen, Large Intestine & Small Intestine

Function:

1. Reinforcing the spleen and remove dampness.
2. Dispersing blood stasis and detoxification.

Application:

1. for edema and difficult urination due to weak spleen.
2. for dysentery or hemorrhoids with blood in the stool.

### **Black sesame:**

Flavor: sweet

Nature: Neutral

Channel: spleen and Kidney

Function:

- 1 Nourishing the kidney yin
2. Reinforcing the spleen, remove dampness
3. Detoxifying.

Application:

1. For thirst due to diabetes involving deficiency of the kidney.
2. For edema due to a weak spleen.
3. For contraction of the limbs and pain from damp Bi.
4. For poisoning or untoward reactions after taking drugs that have a hot nature.

### **Rice flour:**

Flavor: sweet

Nature: Neutral

Channel: Spleen & Stomach

Function:

1. Strengthen spleen and stomach.
2. Reinforce spleen D/D functions.

Applications:

1. for poor appetite due to the dysfunction of spleen.
2. for watery sensation in the stomach.

Soy bean milk

Flavor: Sweet

Nature: Neutral

Channel: Spleen, Large intestine and stomach

Function: Strengthen spleen and large intestine to help the food digestion and absorption.

Honey:

Flavor: sweet

Nature: Neutral

Function: To enhance the functions of all other ingredients & give a good taste.

**Preparation:**

1. For the red bean paste: Decoct with 10 times of water for about 2 hours till the beans getting very soft, put the beans in the blender, then add honey & little bit shortening
2. For the sesame paste: Fry in the pot till you smell it's "cooked", put into the blender till its all powdered, add honey and a little bit shortening.
3. For the skin part: mix rice flour with water and milk, feel its not sticky make those two different kinds of pastes to the round shape, wrapped into the flat skin, knead into round shape, put into the steamer for about 15 minutes, then enjoy!

## **Mixed Fried Rice in Fried Soy Bean's Curd**



By: Minja Cho

*Mixed Fried Rice in Fried Soy Bean's Curd*

<b>Ingredient:</b>	Fried Soy Bean's Curd	8 pieces
	Ground Beef	1/2 lbs
	Big Onion	one
	Scallion	3 stems
	Big Carrot	one
	Celery	3 sticks
	Small Cucumber	4 pieces
	Rice	2 cups
	Soy Sauce	1 table spoon
	Sesame	1 table spoon
	Sesame Oil	1/6 table spoon
	Brown Sugar	1/2 table spoon
	Table Salt	1/2 table spoon
	Olive Oil	

**Process:**

- 1) Cook rice in usual manner. While rice is being cooked prepare -> Fry ground beef with chopped scallion, onion, soy sauce and brown sugar. Season chopped small cucumber with salt for 10 minutes and then wring out it dry. Fry chopped carrot, celery with olive oil.
- 2) Season cooked rice with prepared beef, cucumber, celery, carrot, sesame and sesame oil. Stir rice well so that it will be evenly seasoned.
- 3) Pack seasoned rice in Fried Soy Bean's Curd. Do not pack too solidly.

**Individual Ingredient Properties:**

- 1) Cooked rice has the effects of replenishing Qi and reinforcing the Spleen and nourishing Blood.
- 2) Table salt has a salty flavor, a Neutral in nature and entering the Spleen and Kid channels. It has the effects of adding flavor to food, harmonizing the Middle Jiao, reinforcing the Kidney and moistening Dryness.
- 3) Onion has a pungent and bitter flavor, a Warm nature and entering Lung, Stomach, and Large Intestine channels. It has the effects of activating Yang, dissolving hard masses, sending down Qi and aiding bowel motions.
- 4) Beef has a sweet flavor, Neutral to warm in nature and entering Spleen and Stomach channels. It has the effects of reinforcing the Spleen and Stomach and enriching Qi and Blood.
- 5) Soy bean has a sweet flavor and entering Spleen and Stomach channels. It has the effects of reinforcing the Spleen, removing Damp and detoxification.
- 6) Cucumber has a sweet flavor, a Cool nature and entering Stomach and Bladder channels. It has the effects of clearing Heat, quenching thirst and relieving edema.
- 7) Sesame has a sweet flavor, a Neutral in nature and entering Liver, Kidney and large Intestine channels. It has the effects of reinforcing the Liver and Kidney, replenishing Essence and moistening Dryness in the Intestines.
- 8) Celery has a sweet flavor, a Cool in nature and entering Liver, Stomach, Bladder channels. It has the effects of clearing Heat, calming the Liver, reinforcing the Stomach, sending down the Central Qi, easing urination, removing Damp and cooling the blood.
- 9) Carrot has a sweet flavor, a Neutral in nature and entering Lung, Spleen and Liver. It
- 10) has the effects of strengthening the Spleen, aiding digestion, reinforcing the Liver, promoting the acuity of vision, sending sown Counter flow Qi, arresting cough, clearing Heat and Detoxification.

**Application:**

Most of individual ingredients enter the Spleen and Stomach. Therefore "Mixed Fried Rice in Fried Soy Bean's Curd" is mostly for poor appetite, fatigue due to Deficiency of Spleen and Stomach and sallow complexion due to Qi and Blood deficiency.

## Eastern Health Bar



By: YongHwan Yi

*Eastern Health Bar*

**Ingredients:**

Lotus Seed, Cooked and chopped	½ cup
Lily Bulb, Cooked and chopped	½ cup
Chestnut, Cooked and chopped	½ cup
Dehydrated Grape	½ cup
Brown Sugar	½ cup
Honey	½ cup
Whole grain rolled Oats	3 cups
Cinnamon powder	1 tsp
Salt, if desired	1 tsp

**Directions:**

Preheat oven to 350 F.  
Mix all ingredients in bowl.  
Adjust amount of brown sugar, honey, cinnamon, and/or salt for desired consistency.  
Spread into 9 by 9 square baking dish, press down evenly.  
Bake for 20 - 30 minutes, checking to prevent overcooking.  
Let it cool down before cutting to bar size pieces.  
Enjoy as a snack or a part of light meal.

**Ingredient Function:**

Lotus Seed: Reinforces Spleen and Stomach, nourishes Heart, and calms the mind  
Lily Bulb: Clears Heart Fire, calms the Mind, moistens Lung  
Chestnut: Reinforces Spleen and Stomach  
Grape: Reinforces Kidney, Liver and Stomach, replenishes Qi and Blood, and promotes the production of body fluids  
Cinnamon: Warms Middle Jiao, disperses cold  
Brown Sugar: Helps to harmonize the middle Jiao  
Honey: Helps digestion, harmonizes the middle Jiao

# **Brown Seaweed & Cucumber Cold Soup**

**&**

# **Loach Soup**



By: James Suh

### *Brown Seaweed & Cucumber cold Soup*

#### **Ingredients:**

Brown seaweed  
Cucumber (cut & sliced into noodle shape)  
Scallion Stalk  
Soy sauce or salt

#### **Function & Application:**

- Expell summer heat and promote urination
  - Poor appetite due to summer heat
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### *Loach Soup*

#### **Ingredients:**

Loach (Grinded)  
Garlic  
Prepared dried radish leaves  
Pepper powder  
Salt  
Sesame oil  
Water

#### **Function:**

- Reinforce Qi and Blood
- Expel wind cold damp
- Strengthen the bone and tendon

#### **Application:**

- For fatigue, palpitation, Shortness of breath and dizziness due to Qi and Blood def
- After prolonged chronic illness