



# Cooking with Chinese Herbs

*Terry Tan*

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## **Cooking with Chinese Herbs** Terry Tan

"Cooking with Chinese Herbs" brings the rich and life-enhancing legacy of Chinese herbs to your table. Prized for thousands of years by the Chinese for their health-giving properties, these natural ingredients are at the centre of growing interest and research around the world today. The range of Chinese herbs extend beyond the putrid poultices used on festering sores and evil smelling brews from a culinary cauldron frothing with medicinal mixes that some of us are wont to believe. This book is an indispensable guide to a time-honoured cuisine that fathoms the efficiency of a multitude of barks, roots, seeds and herbs cherished for centuries by the Chinese for their flavour and restorative powers. The full range of Chinese herbs is presented here in detail, with explanations of their qualities, benefits and use. A wide variety of recipes is featured, from nourishing herbal stews to convenient one-pot meals. Easy-to-follow instructions make inspirational and informative reading, even for the novice. Discover for yourself the ancient philosophy of Yin and Yang, unravel herbal myths, and learn about traditional cooking utensils and the finer points of storing Chinese herbs in this fascinating culinary journey into the world of Chinese herbs.

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