

Western Recipes Adapted For Traditional Chinese Medicine

Recipes by Sandy Jarosch

Dampness

Stewed Fruit with Grapefruit Peel and Blueberry

4 apples

peel of ¼ grapefruit and ½ tangerine

6 – 8 Chinese red dates

pinch of cardomen

handful of blueberries

arrowroot

small piece of soaked tamerind

Put all ingredients in a pan except blueberries, arrowroot and tamerind, with a little water or apple juice. Cook until pulpy with lid on, remove lid and add blueberries and tamerind, heat through then add arrowroot mixed with a little water. Cook until thick. Serve with chopped almonds and walnuts.

Cornmeal Pie with Aduki Beans and Pumpkin

A quarter of a cup of cornmeal

Three quarters of a cup of water

Pinch of mustard seeds, caraway seeds, cumin seeds

Cardomon

Cook together in a pot till thick and sticking to the spoon. Line a small pie dish.

1st layer – cooked aduki bean mix or black beans

2nd layer – cooked spinach

3rd layer – cooked pumpkin either mashed or leave in cubes

4th layer – sprinkle with parsley, nuts or seeds

Heat through and serve with bitter greens.

Barley Pilaf

1 cup of barley

3 or 4 diced lotus seeds

6 – 7 cardomon pods

2 cups of water

Place ingredients into a pot with a lid. Bring to the boil then reduce heat to low, cook until water is absorbed and barley is soft – approximately 50 minutes. Let sit for a few minutes, remove seeds.

Mix through

1 stick celery

2 small radish

A few pieces of baby corn

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Bamboo shoot

Diced Chinese cabbage, either blanched or lightly cooked

Chopped parsley

3 soaked Shitake mushrooms cut into slithers or button mushrooms halved

3-4 water chestnuts

Add **umeboshi dressing** –

1 heaped tsp umeboshi paste

mix with the juice of half a lemon and water to acquired consistency. Add horseradish to taste.

Top Pilaf with Tofu crumble, pre-soaked seaweed or strips of Nori.

Serve with mustard greens.

Tofu Crumble

A quarter of a block of medium firm tofu cut into very small cubes. Marinade in garlic, ginger, tamari and enough water to cover the diced tofu.

Heat a small pan, add mixture, cook on a medium heat, stirring regularly so as not to stick to the pan till all the liquid has evaporated and the tofu is crumbly in texture. Put aside, when cool mix in remaining parsley mixture. Sprinkle over Pilaf.