

Western Recipes Adapted For Traditional Chinese Medicine

Recipes by Sandy Jarosch

Yin deficiency

Soya Smoothy.

1 glass soya milk

Half a mango

1 tsp barley malt (optional)

Blend together. For variety you can substitute some of the soya milk with coconut milk. Sprinkle finely chopped nuts on the top.

Hot soya milk

1 cup soya milk

Fruit (choose from apple, apricot, banana, mango, pear, pineapple)

1 tsp barley malt (optional)

Heat soya milk in a small saucepan and add the chopped fruits. Add small cubes of tofu with cubes of fruit for a fruit soup.

Sprinkle with chopped nuts

Simple miso soup

Half a spring onion sliced

Fresh ginger to taste

Seaweed (presoaked)

1 tbsp miso (white or red)

Place 1 half - 2 cups water in a pan with the spring onion and ginger. Bring to the boil and simmer for a few minutes, then remove from the heat, add miso and mix until dissolved.

Add seaweed and heat again, avoiding boiling.

Cubes of tofu or egg white may be added at the final stages.

Stewed fruit with herbs

4 apples

Half a mango

3 apricots (dried or fresh)

4-5 Lycii berries (Gou Qi Zi)

Half of the peel from a tangerine or mandarin

Tamarind, a piece the size of an almond

1 heaped tsp of arrowroot or kudzu

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Place all the ingredients in a pan except the arrowroot, with a little water or apple juice. Cook until pulpy with the lid on, remove lid and add arrowroot mixed in a little liquid (approximately one tablespoon). Cook until thick.

Sweet potato salad with sesame dressing

1 cold sweet potato

2-3 yams

A quarter of a cup each of baby corn, bamboo shoots, water chestnuts and a handful of mung bean sprouts

Several Cos lettuce leaves or other leafy greens

Dice sweet potato and yams into bite sized piece and cook in a little water or steam until tender. Mix in the other ingredients and dressing. Can be served either warm or at room temperature.

Dressing.

Oil dressing – *the juice of half a lemon, one Tbsp of cold pressed oil, tamari to taste. Mix together with one Tbsp of toasted sesame seeds.*

White miso dressing – *the juice of half a lemon, one level Tbsp of white miso, water to thin to required consistency. Mix in toasted sesame seeds.*

Black Beans with Barley and Coconut Cream.

1 cup black beans

garlic to taste

1 onion

3 tomatoes

1 stalk celery

2 Tbsp tomato paste

drop of tamari

spinach to taste (washed)

Soak the black beans overnight in plenty of water, rinse and place in a pan with fresh water to cover well with 2 – 3 bay leaves. Leave until soft. Drain in colander.

Sautee garlic, onion and celery until soft. Add tomatoes, tomato paste, tamari and spinach. Mix thoroughly and fold through beans.

Barley and Coconut Cream.

1 cup of barley

3 or 4 diced lotus seeds

6 – 7 cardomon pods

2 cups of water

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Place the 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.

Dressing –coconut cream thinned to taste, diced cucumber, 1 persimmon (optional), some finely chopped parsley and walnut, a small piece of finely chopped tamarind (soaked in a little hot water).

Mix ingredients and fork evenly through barley.