

Cantonese Special Recipe #1



By: Joseph K. Tu

Cantonese Special Recipe #1

Ingredients:

1 tsp salt	1 tsp oyster sauce
1 tbsp corn oil	1 tbsp cooking wine (generic)
1 tbsp chee hou sauce	1 lb chopped red carrot
1 tbsp hot sauce (generic)	1 lb chopped white carrot (turnip)
2 cloves of crushed garlic	1 to 2 oz black wood ear (by approximate weight)

Ingredient Function:

Garlic — Warm the middle jiao to reinforce ST in aiding digestion and detoxifying ingestion of “unfresh food” as well as parasites;

Red Carrot — Strengthen SP to aid digestion, reinforce LR to promote visual acuity due to LR yin deficiency, cough due to LU heat, childhood skin eruptions;

White Carrot (Turnip) — Remove cough due to LU heat and dryness;

Black Wood Ear — Tonify KI and nourish yin, arrest bleeding of all types.

Recipe Function:

Overall, a strong recipe for digestion problems due to ST, SP or middle jiao problems and cough or hemoptysis due to LU heat or yin deficiency. Additionally, this recipe benefits the eyes due to LR heat, and is good for chronic LBP (KI yin deficiency) as well as a universal blood tonic. The red carrot effect on the eyes can neutralize the potential harmful effects of garlic on the eyes. Turnip and garlic help detoxify wrongfully ingested foods.

Applications:

Universal indigestion (middle jiao) problems, vision problems from LR heat, lung problems from LU heat.

Directions:

Mix black wood ear with garlic cloves in corn oil; sauté for 20 minutes until soft consistency is achieved; then add oyster sauce, chee hou sauce, hot sauce, turnip, red carrot and wine to mixture and cook for another 10 minutes.

Cantonese Special Recipe #2



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Cantonese Special Recipe #2

Ingredients:

1 tbsp corn oil	1 tsp salt
1 tbsp oyster sauce	1 lb lotus rhizome
1 dash white pepper	1/2 lb celery
2 cloves of crushed garlic	1.5 lb shrimp

Ingredient Function:

Garlic — warm the middle jiao to reinforce the ST in aiding digestion and detoxifying ingestion of “unfresh food” as well as parasites;

Celery — clear heat to calm shen, especially LR heat, reinforce ST to descend rebellious central qi, removing damp- heat in middle jiao by promoting urination to secondarily cool blood; cooked

Lotus Rhizome — reinforce middle jiao to enrich blood (enhance T&T function for blood production).

Recipe Function:

Overall, a strong recipe for digestion problems due to ST, SP or middle jiao problems. Additionally, this recipe can indirectly cool blood and tonify blood by enhancing T&T function of SP and ST. The celery can also benefit the mind by removing heat.

Applications:

Universal indigestion (middle jiao) problems, a great overall cooling effect by way of removal of blood heat, LR heat and damp-heat, mostly in middle jiao.

Directions:

Mix garlic cloves with lotus rhizome(fresh) in corn oil; sauté for 15 minutes; then add celery and sauté for another 5 minutes; then add shrimp along with all other condiments and sauces and sauté for another 5 minutes.

Sharon Zhao's Grade A Salads



By: Allen Sun

Sharon Zhao's Grade A Salads

Ingredients:

Apricot	Peanuts	Black bean	Tangerine
Celery	Pears	Green bean	Garlic
Carrots	Watermelon	Red bean	Ginger
Lettuce	Black Wood ears	Spinach	

Ingredient Function:

Apricot – Promoting production of body fluids, moistening the lungs

Celery – Clearing up heat, tranquilizing the mind, calming the liver

Carrot – Clearing heat & detoxifying, strengthen spleen

Black bean – Nourishing the KI yin, reinforce the SP, remove dampness

Green bean – clearing heat and damp, relieving summer heat

Red bean – Reinforce the SP and remove damp

Spinach – Moistening and lubricating the intestines, improving vision

Peanuts – Reinforce SP, promote lactation after child birth

Pears – clearing heat, promoting the production of body fluids

Watermelon – Clearing heat, promoting the production of body fluids

Black Wood ears – Tonify KI, nourish yin

Tangerine – Promoting the production of body fluids

Garlic – Warming the middle Jiao and reinforcing the ST and aiding in digestion

Ginger – warming the middle jiao, arresting vomiting, expel wind-cold

Directions:

Cut everything into desired size and place into separate dishes

Cook black bean, red bean, green bean, and black wood ears in separate pots for 30 minutes

Every person's body is different so in this project I wanted the individual to pick and choose their own ingredients according to what diagnosis they may have.

The following page is a sample menu of what different types of salads you can choose from.

Eastern Nutrition

Winter 2006
Sharon Zhao



