



Aduki Bean and Pumpkin Stew

Tonify kidneys and strengthen digestive function, clear excess heat and removes toxins

Serve with steamed rice and leafy greens, garnish with chopped chives (or spring onions) and black sesame seeds

Ingredients	2 cups Aduki beans (washed and soaked overnight) 2 cups pumpkin (cubed) 1/2 teaspoon whole sea salt 1 strip of Kombu 7-8 cups of water
--------------------	--

Method	<ul style="list-style-type: none">• Soak kombu in warm water for 20-30 mins in a separate dish.• Bring the 7-8 cups of water to boil in a saucepan, add kombu and simmer for 1/2 hr then remove kombu.• Add beans and pumpkin to saucepan and simmer for 1 1/2 hrs.• Add sea salt and continue cooking for 1/2 hr
---------------	--

Properties	Aduki Beans	<i>Neutral thermal nature; sweet-and-sour flavour; influences heart and small intestine; tonifies kidney-adrenal function; detoxifies the body and removes heat conditions; disperses stagnant blood; reduces swelling; diuretic and drying.</i>
	Pumpkin	<i>Cooling thermal nature; sweet and slightly bitter flavour; helps regulate blood sugar balance and benefits the pancreas; promotes discharge of mucous from the lungs, bronchi, and throat</i>
	Kombu	<i>Very cooling thermal nature; salty flavour; moistens dryness; increases Yin fluids; softens hardened masses and areas in the body; benefits kidneys; anti-coagulant effect on blood; is a natural fungicide; relieves hormone imbalances and especially affects the thyroid. Greatly increases nutritional value of all foods prepared with it as it is considered the most completely mineralised food. The minerals help to balance the proteins and oils in beans and increases digestibility.</i>
	Whole Sea Salt	<i>Slightly grey in colour and contains many minerals and trace elements lost in the refining process of table/cooking salts. Cooling in nature; beneficial to the kidneys; moistens and regulates body fluids and conditions of dryness; counteracts toxins at blood level (indicated by skin eruptions); strengthens the digestive system; alkalisng properties help balances beans, peas, grains and meat</i>



Sweet Potato Pie

Tonify Kidneys and Lungs, strengthens Stomach and Spleen function, It is also excellent for blood deficiency and stagnation.

Serve with a selection of your favorite vegetables

Ingredients

Recipe of your favorite pie crust (use whole wheat pastry flour)
2 cups cooked, mashed sweet potato
3 beaten eggs (room temperature)
½ cup of sweetener (see below)
1 tsp Cinnamon
½ tsp Cloves
¼ tsp Nutmeg
½ tsp Allspice
1 flat tsp Salt
1½ cups Evaporated Milk

Method

- Prepare pie crust and put into a 9 - 10 inch pie plate.
 - Mix all ingredients together in a large bowl, beat thoroughly. (you can use a blender or mixer)
 - Pour mixture into the pie shell.
 - Bake in a preheated 375° oven for almost and hour.
-

Preparation	1 hour
Baking	1 hour
Serves	6-8

Properties

Sweet Potato	<i>Neutral thermal nature; sweet flavour; strengthens Spleen, tonifies Qi and blood, builds the Yin fluids of the Kidney and removes toxins. Increases quantity of milk in nursing mothers, treats thinness, diarrhea.</i>
Eggs	<i>Neutral thermal nature; sweet flavour. Blood and Yin tonic and lubricates dryness. Eggs have an ascending nature which moves the Qi and fluids higher in the body. This effect can be used to treat diarrhea, threatened miscarriage or for dry Lungs, throat and eyes.</i>
Sweetener	<i>The preferred sweetener to use would be rice or barley malt as they are the most nearly whole-food sweetener and are maltose based compared to the sucrose based, highly processed sweeteners such as white, raw or brown sugar. Honey is also a better choice than the processed sugars as it contains minerals and enzymes and has the ability to harmonise the liver and neutralise toxins.</i>



Basic Chicken Congee

This congee is usually served for breakfast in China, it is easy to digest, soothing and nourishing for young and old. Very good for people suffering from exhaustion, over-work or recovering from illness

Traditionally served with hard boiled eggs and steamed buns

Ingredients	1 medium (approx 1.5kg), free range chicken (skin removed) 200g long grain white or brown rice 5cm piece fresh ginger root (peeled and grated) 1 tsp soy sauce 1 tsp sesame seed oil Pinch sea salt and freshly ground black pepper Spring onions, finely chopped to garnish Chopped fresh coriander leaves to garnish
--------------------	---

Method	<ul style="list-style-type: none">Put chicken, rice and ginger into a large saucepan. Cover with water and bring to boil. Reduce heat, cover and simmer gently for 2-3 hours or until chicken is falling off the bones. Add more water if necessary during cooking to prevent the congee from boiling dry.Remove from heat, remove and discard chicken carcass and bones. Shred chicken meat and return to the congee.Stir in soy sauce, sesame seed oil and salt and pepper. Serve in soup bowls and garnish with spring onions and coriander.
---------------	---

Preparation	10 mins
Cooking	2-3 hours (you can cook for less time)
Serves	4-6

Properties	Chicken	<i>Warming thermal nature, sweet flavour, acts as a qi energy tonic, increases Kidney essence and improves the condition of the bone marrow, aids lactation.</i>
	Rice	<i>Neutral thermal nature, sweet flavour, used as a energy and Spleen tonic.</i>
	Ginger	<i>Warm thermal nature, pungent flavour, induces perspiration, disperses cold, relieves vomiting, affects the lung, Stomach and Spleen.</i>



Fennel and Celery Soup

Fennel has been used since ancient times as a digestive remedy, extracts from the seeds are used in baby's gripe water to combat colic. Celery seeds are an important medicinal herb helping to clear uric acid from arthritic joints and as a diuretic - especially helpful for fluid retention and pre-menstrual syndrome.

Add a teaspoon of seeds from each plant to enhance the soups therapeutic effect

Ingredients	15g butter 2 onions (chopped) 1 fennel bulb (thinly sliced) 3 sticks celery (thinly sliced) 1 litre chicken or vegetable stock 2 tablespoons of sour cream 115g smoked ham or cooked bacon (cut into thin strips) Salt and freshly ground black pepper Fresh dill to garnish
--------------------	--

Method	<ul style="list-style-type: none">• Melt butter in a large saucepan and saute onions, fennel and celery for 4-5 minutes.• Add stock, bring to boil, cover and simmer for 15-20 minutes until vegetables are tender.• Add sour cream and reheat the soup, taking care not to let it boil. Stir in ham or bacon strips, then add salt and pepper to taste.• Serve sprinkled with the chopped dill.
---------------	---

Preparation	15 mins
Cooking	20 mins
Serves	4

Properties	Fennel	<i>Neutral thermal nature; sweet flavour; strengthens Spleen, tonifies Qi and blood, builds the Yin fluids of the Kidney and removes toxins. Increases quantity of milk in nursing mothers, treats thinness, diarrhea.</i>
	Celery	<i>Cooling thermal nature, bitter/sweet flavour; benefits the Stomach and Spleen, calms an aggravated Liver, improves digestion and purifies the blood.</i>



Herb Rice

In Chinese Medicine, rice is especially helpful for strengthening the Spleen and Stomach. It makes a nutritious and easily digestible food and with the addition of warming herbs and spring onions, helps the body to adjust to the changing season in spring.

Serve with Spring Vegetable Stir-Fry (see additional recipe sheet) or as an accompaniment to other meat or vegetable dishes

Ingredients	225g long grain rice 25g butter or 1 tablespoon of olive oil 1 small onion (chopped) 425ml vegetable stock Finely grated zest and juice of 1 lemon 6-8 spring onions (chopped) 2 tablespoons fresh coriander and/or parsley (chopped) 2 tablespoons fresh mint (chopped)
--------------------	---

Method	<ul style="list-style-type: none">• Wash the rice, drain thoroughly and set aside. Melt the butter or heat the olive oil in a large saucepan and saute the onion for 5 minutes.• Add the rice, then stir in the stock and lemon zest and juice. Bring to boil, cover the pan and simmer gently for 10 minutes. Remove the pan from the heat and leave the rice to stand in the hot stock for 15 minutes.• Add the spring onions and herbs and fork these through the rice before serving
---------------	--

Preparation	15 mins
Cooking	30 mins
Serves	4

Properties	<i>Rice</i>	<i>Neutral thermal nature, sweet flavour, used as a energy and Spleen tonic.</i>
	<i>Coriander</i>	<i>Warm thermal nature, pungent flavour, promotes digestion, affects the Lung and Spleen</i>
	<i>Parsley</i>	<i>Slightly warm thermal nature, pungent and bitter flavour, improves digestion, high in vitamin C, provitamin A, chlorophyll, calcium, sodium, magnesium and iron. Promotes urination, dries watery mucoid conditions. Good for the treatment of obesity. Strengthens the adrenal glands and is often taken as a cancer preventative.</i>
	<i>Mint</i>	<i>Aids digestion, reduces nausea and opens the sinuses and acts as a calmative.</i>



Spring Vegetable Stir-Fry

Eating plenty of fresh young vegetables in spring is a good way to cleanse the body after winter.

Serve with Herb Rice (see additional recipe sheet) or crusty fresh bread

Ingredients	2 tablespoons of olive oil 350g asparagus (cut into 5cm pieces) 350 snow peas 1 bunch spring onions (chopped) 1 tablespoon raspberry vinegar 2 tablespoons fresh mint (chopped) 2 tablespoons fresh chives (chopped)
--------------------	--

Method	<ul style="list-style-type: none">• Heat wok, add oil and stir-fry the asparagus and snow peas for 2 minutes. Add the spring onions.• Remove the wok from heat, add raspberry vinegar, chopped mint and chives and toss to mix..
---------------	---

Preparation	15 mins
Cooking	5 mins
Serves	4

Properties	Asparagus	<i>Slightly warming thermal nature, bitter and mildly pungent flavour, promotes urination helps cleanse the arteries or cholesterol.</i>
	Snow Peas	<i>Neutral thermal nature, sweet flavour, tonify the Spleen and Stomach, harmonise digestion and sedate an overworked Liver.</i>
	Mint	<i>Aids digestion, reduces nausea and opens the sinuses and acts as a calmative.</i>



Summer Bean Curd Soup

This is an ideal light summer soup, relieving the effects of high temperatures. Its nutritional value boosts the immune system and helps fight infections.

Ingredients	1 lemon grass stem 225g packet Japanese style silken tofu 55g bean sprouts 55g asparagus shoots (sliced) 55g snow peas (sliced) 570ml chicken or vegetable stock 1 tablespoons fresh basil or lemon balm (chopped) Soy sauce, to taste
--------------------	---

Method	<ul style="list-style-type: none">• Slice the lemon grass stem into several pieces. Strain the tofu and cut into 3cm pieces• Place all the ingredients except basil or lemon balm and soy sauce in a saucepan and stir to mix. Bring to boil, then simmer gently for 3-4 minutes.• To serve, sprinkle with basil or lemon balm and add 5-10 drops of soy sauce to each bowl as desired.
---------------	---

Preparation	10 mins
Cooking	10 mins
Serves	4

Properties	Tofu	<i>Cool thermal nature, sweet flavour. Contains easily digested protein; B-vitamins; calcium; phosphorus; iron; sodium and potassium. Used as a Spleen tonic, affects the Spleen, Stomach and Large Intestine.</i>
	Lemon grass	<i>A powerful anti-oxidant, helps detoxify the Liver, Kidney and Bladder. Boosts the immune system and helps reduce cholesterol and uric acid. Contains citronella which helps relieve insomnia and stress.</i>
	Shiitake	<i>Neutral thermal nature, sweet flavour. A natural source of interferon, a protein which appears to induce an immune response against cancer and viral diseases. Decreases fat and cholesterol in the blood and helps discharge excess residues of accumulated animal protein. Mushrooms are a good source of germanium, an element that improves cellular oxygenation and enhances immunity.</i>
	Asparagus	<i>Slightly warming thermal nature, bitter and mildly pungent flavour, promotes urination helps cleanse the arteries or cholesterol.</i>
	Snow peas	<i>Neutral thermal nature, sweet flavour, tonify the Spleen and Stomach, harmonise digestion and sedate an overworked Liver.</i>
	Bean Sprouts	<i>Neutral thermal nature, bitter flavour, dries dampness, benefits the urinary system and intestines, detoxifies. High in fibre; Vitamin C; potassium; iron; calcium; phosphorus; magnesium and zinc.</i>