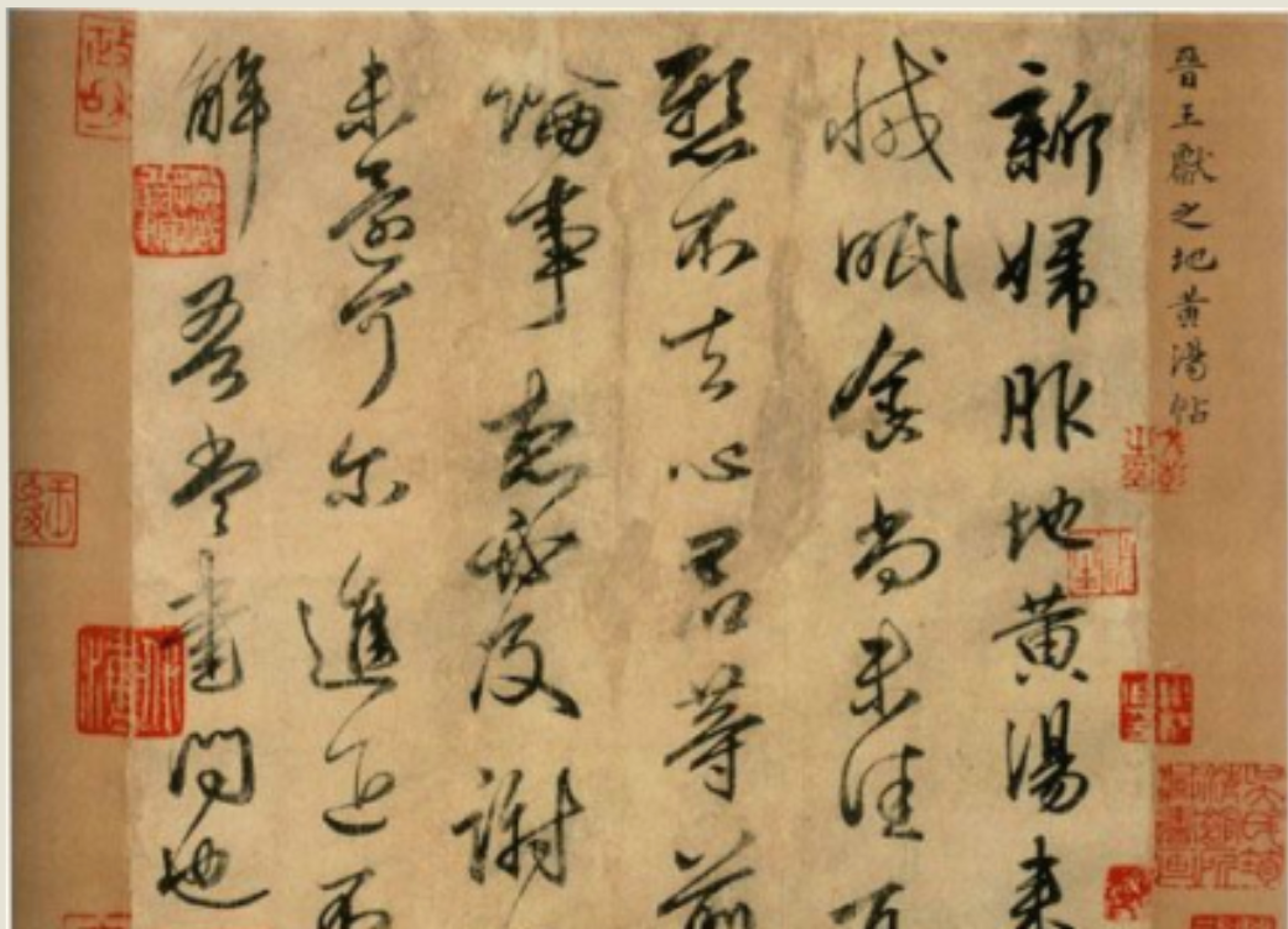


Chinese Herbology

Helen Lu 卢嘉沁





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01 — Greetings,

The creation of something beautiful doesn't come from one brain; it comes from many minds working together.

For this recipe book, I'd like to thank my project counsellor for taking her time outside of school to answer my endless questions, as well as being patient and giving me feedback whenever I need. I'd also like to thank my family for the recipes and knowledge they provided to me to complete this book. I sincerely thank you all!

History & Origin of Chinese Herbology

Chinese Herbology (CH) is the theory, collecting, processing, and formulating, explaining the mechanism of action and guiding the clinical application of drugs, and is mainly derived from



natural medicines and processed products, including botanicals, mineral medicines such as raw plants, leaves, and others that are processed into a variety of traditional Chinese medicine products, including powders, pastes, soups, cakes and other forms. CH is developed through thousands of years of medical research by China's most famous medical scientists to reach the glorious findings from the many various herbs. CH's advantage compared to other health-improving products is that they are extremely easy to store, carry, and access on a day to day basis, and because CH's basic concept is of natural ingredients, their recipes do not contain strong of medical doses or the strong bitter flavour of Chinese medicine, making it very attractive and easy to be accepted by the general public.

The Warrior of Grass



Shennong was one of the powerful three emperors that ruled in the country. He was born in a stone cave in the Lishan Mountain and has a legend to have a bullhead and a human body. Because of his special exterior shape and diligence with chores and town activities, he was promoted to be a tribal leader as soon as he grew up. As his tribe of the Yan people lived in the hot and dry south, everyone called him Yandi (di meaning land).

One day, he saw people in his village getting sick, and so he went to the vast wilderness to meet the Sky Emperor's magical wand. Shennong took this wand and walked all the way from Duguangzhi to the Lieshan. Shennong tasted hundreds of herbs and was poisoned many times, but thanks to tea detoxification he invented previously, he survived. Since Shennong vowed to taste all the different types of grass, he tragically died from tasting the "intestines" grass. In order to commemorate his grace and merits, people worship him as the king of medicine and built many temples throughout China. In China, the legend of Sichuan, Hubei and Shaanxi is the place where Shennong tastes a hundred grasses, called Shennongjia



Herb Specifications

Mulberry Leaf 桑叶

Mulberry leaves are generally considered to be in the best condition after a layer of cream forms on the surface of the leaves. Mulberry leaves have the effect of removing wind and heat from the body, as well as clearing the lungs and moistening the dryness within the eye and liver. In addition, it is best used for treating common flues, dry loughs with constant coughs, and headaches. By 2014, some people even made the mulberry leaves dishes that deems to have the value of the therapeutic diet.



Chrysanthemum 白菊花

Chrysanthemum is one of the top ten famous flowers know throughout China, is also one of the tops of the ranks in the “four gentlemen flowers” of the Meilan chrysanthemum. Also one of the world’s four most widely used flowers (chrysanthemum, rose, carnation, gladiolus), Chinese people have the custom of rewarding chrysanthemums and drinking chrysanthemums. Written by a famous poet named Tang·Meng Haoran in his poem “Passing by Hometown”, he states “After the Double Ninth Festival (a gathering and offerings day in China), come to the chrysanthemum.”



In ancient myths and legends, the chrysanthemum was also given the meaning of auspicious, longevity. Chrysanthemum is a valuable ornamental flower cultivated by long-term artificial selection.

Chrysanthemum was passed from China to Japan as an item of decoration around the 8th century. The Chrysanthemum began to spread soon after that, with at the end of the 17th-century Dutch merchants bringing the Chinese chrysanthemums to Europe, in the 18th century when France merchants began to import them, and finally imported to North America in the mid-19th century. Since then, Chinese chrysanthemums have grown to be more and more popular and welcomed throughout the world.

Licorice 甘草

Licorice, also known as old country, sweet grass, Ural licorice, sweet roots are perennial herbs with thick roots and typically grows in hot and arid land conditions, deserts and loess hill terrains such as places in Mongolia. They are a kind of tonic Chinese herbal medicine that is very beneficial for the human body as it supplements the needed minerals in your body from the medicinal parts of the Licorice; the roots and rhizomes which are often around the size of 25 cm to 100 cm long and 0.6cm to 3.5 cm in diameter. Their outer skin has an elastic-like texture and has a reddish-brown or grayish-brown colour, while their smell and taste is uniquely sweet.



Prunella Vulgaris 夏枯草

Prunella vulgaris are perennial herbaceous plants that have stems up to 30 cm tall, has many separated branches of the root at its bottom, and has a light purple colour to its petals of the flower. The flower itself is calyx bell-shaped with its filament slightly flat and slender and has its tip subulate, curved. Prunella vulgaris is usually grown in a warm and humid environment but also has the ability to withstand cold and harsh weather conditions. It can also be planted on dry slopes, mountain feet, forest side grasslands, etc, however, places that can be trampled on easily are not suitable for cultivating Prunellas. In China, Prunellas are typically grown in the wetlands of the ravine or on the banks of the river, among wet grass and along the roadsides as Prunella vulgaris is highly adaptable to changes to its environment and therefore encounters few pests and diseases during the whole growth process.



HoneySuckle 金银花

Honeysuckle has a very distinct feature of this species' the large leaf lobes, and can often be confused with the Southern Chinese honeysuckle. However, due to their difference in terms of the size of the branches, leaves, the shape and size of the leaves, the length of the corolla, the size of the hair, and the length of the lip and the barrel, this makes the honeysuckle significantly differ away different from the variations of other species. This variation of honeysuckle can also easily adapt to its environments.



The honeysuckle has a strong resistance to cold weather conditions and does not require the best soil to grow, but it grows best on moist, fertile and deep sandy soil. It blooms twice a year in spring and summer and has been praised as a good herb for detoxification since ancient times.

Hawthorn 山楂

Hawthorn is generally produced in Heilongjiang, Jilin, Liaoning, Inner Mongolia, Hebei, Henan, Shandong, Shanxi, Shaanxi, and Jiangsu. It is a



stone fruit with a hardcore, thin flesh and has a slightly sour taste. This fruit can be eaten raw or made into fruit puddings. Hawthorn is best grown in cool and humid environments but also has the ability to grow in high-temperature conditions such as between $-36 \sim 43$ °C. Being a fruit that loves the sun but also has the ability to be able to grow well in shaded areas, it is therefore generally distributed in barren hills, sunny slopes, semi-sunny slopes of 15 to 25 degrees.

Chuan Bei 川贝

Chuan Bei is a plant of the genus Liliaceae and Fritillaria, which is a dry bulb of Fritillaria that contains three categories: Chunabei, Songbei, and the



Green Shell. They are named that way according to different traits, and the green shell has a nickname called the "beauty shell". Chuan Bei is produced in Sichuan, Tibet, Qinghai, Gansu and other places in China. The biggest morphological feature of Songbei is "holding the moon in the arms."

Mangosteen 罗汉果

Mangosteen is the fruit from the perennial vine of the Cucurbitaceae is one of the first approved medicine and food materials in China. It has the nicknames



Lohan fruit, fake bitter gourd, light fruit hibiscus, golden fruit and the naked turtle. It is known as "Goddess" of all fruits for teas especially from its exterior heart shape, distinct fragrance, and being able to bloom flowers in the summer and form fruits in autumn. The mangosteen is mainly produced in Longjiang, Longsheng and Baishou Town, Yongfu, Guilin and the Guangxi Region. Ninety percent of the Chinese Mangosteen is produced in Yongfu County and Longsheng County, while also being an extremely valuable and native product of Guilin. of the first approved medicine and food materials in China.

Lily 百合

Lilium, scientific name (*Lilium brownii* var. *viridulum* Baker) is also known as

Qiang, Panyu, Shandan, Yinxian, Zhongmai, Atrium, Moro, Zhongfenghua, etc. It is a



perennial herbaceous bulbous plant, native to China that is mainly distributed in the northern hemisphere temperate regions of eastern Asia, Europe, North America, etc. At least 120 species have been found worldwide of this lily, and there are 55 types that are produced in China. In recent years, there have been many new varieties produced by artificial hybridization, such as Asian lily, perfume lily, fire lily and so on. The bulbs are rich in starch, are edible, and also can be used for medicinal purposes.

Peppermint 薄荷

Peppermint is one of the most commonly used traditional Chinese medicinal herbs in China and is mainly produced in areas in Jiangsu and Anhui provinces in China. Its common name used in China is called "Yindancao", which is a plant of the Labiatae family of other dry grasses. Most mints are grown in the mountain or wetlands. Mints grow best at around an altitude of 2,100 meters, but it can also grow at an altitude of 3,500 meters. It is an aromatic crop with special economic value. Mint is a crop full of aroma and has great values to the traditional Chinese herbology recipes.



Ginseng 人參

Panax ginseng is a perennial herb of the genus *Panax ginseng* and is considered to be one of the oldest relict plants on earth as concluded by ancient geologists and paleontologists. It likes to grow in cool places and has a very strict set of rules for the environment it is growing in. The temperature must be below 32 degrees or else the leaf of this plant will burn. Also, it usually takes 3 years for the plant to bloom, 5–6 years for the actual ginseng root results, bearing in mind that the flowering period is only from May to June and the fruiting period of the roots is only from June to September. It grows in the coniferous forests or deciduous broad-leaved forest dominated by Korean pine at an altitude of 33 degrees to 48 degrees north latitude and is produced in northeastern China, North Korea, South Korea, Japan, and eastern Russia. Ginseng is also known as the yellow ginseng, the goblin, the god grass,



the king of the grass, is one of the famous "three treasures of the Northeast."

Bitter Gourd 苦瓜

Bitter gourd (scientific name: *Momordica charantia* L.) is a plant of the family Cucurbitaceae *Momordica*. The fruit is spindle-shaped or cylindrical, with many tumour wrinkles after ripening. The seeds are oblong and have engraved faces on both sides and its flower and fruit period is from May to October. In addition, bitter gourd is native to East India and is widely cultivated in tropical to temperate regions of the world while also being widely cultivated in both the northern and southern regions of China.



Gouqi 枸杞

Gouqi is a Solanaceae, a general term for the genus *Quercus*. The daily consumption and medicinal Gouqi are mostly produced from fruits of Ningxia Gouqi which is considered to be one of the best herbs to use for medicinal purposes in the 2010 edition of the Chinese Pharmacopoeia. The Ningxia Gouqi is mostly cultivated in China and is mainly distributed in northwestern China. Common varieties in other regions are Chinese sturgeon and its varieties. However, Ningxia Zhongning that is the most widely sold product in supermarkets was awarded the honourable badge of being a "national quality of agricultural products" in China.



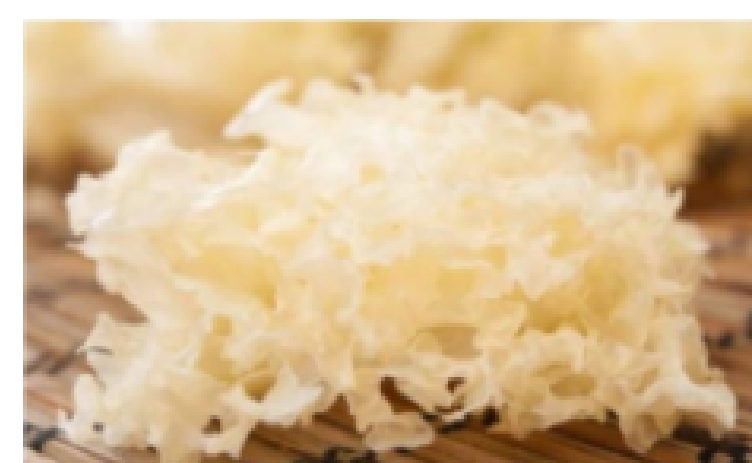
Jujube 枣

Jujube, also known as big jujube, belongs to the angiosperm, dicotyledonous, rhamnolipid, buckthorn, jujube plants. Its vitamin content is very high, and it has the reputation of “natural vitamin pills”, which has the effect of nourishing yin and nourishing yang. In addition, jujube is a temperate crop with strong adaptability and a wide range of cultivation and therefore is known as the “hardcore crop” and has the characteristics of drought tolerance and suffocation resistance. It is the first choice for the development of the water-saving forestry fruit industry.



Tremella 银耳

Tremella and other fungi such as the snow fungus, white fungus, etc., have the reputation of being “the crown of fungus”. Tremella is generally chrysanthemum or cockscomb, 5–10 cm in diameter, soft and white, translucent and elastic. As Tremella is a traditional edible fungus in China, it has always been a favourite food of the peoples. The active ingredient, Tremella fuciformis polysaccharide, has special health care functions.



Lotus Seed 莲子

Lotus seeds, the medical name “*Nelumbo nucifera* Gaertn” are distributed in the north and south provinces of China.



Recipes



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Chrysanthemum Tea 菊花茶

Ingredients:

- 10g Chrysanthemum
- 10g Mulberry Leaf
- 3g Licorice



Instructions:

1. Fill a pot with 500ml of water.
2. Put the chrysanthemum, mulberry leaf and licorice into the pot.
3. Bring it to a boiling point.
4. Let it boil for 3 minutes.
5. Strain the tea to clear away the remaining leaves and particles.
6. Pour into your favourite mug, and enjoy!

Benefits of this tea:



They are many efficacies of chrysanthemum tea, such as having the ability to disperse heat within the body and help relieve dry and burning eyes to improve eyesight. Drinking chrysanthemum tea can play a soothing role reducing in acne of which is commonly caused by too much fire built within the body from over indulgement of oil and energy. The main benefits of drinking Chrysanthemum tea is listed below:



1. It has the effect of an anti-pathogen (a bacterium, virus, or other microorganisms that can cause disease) action.

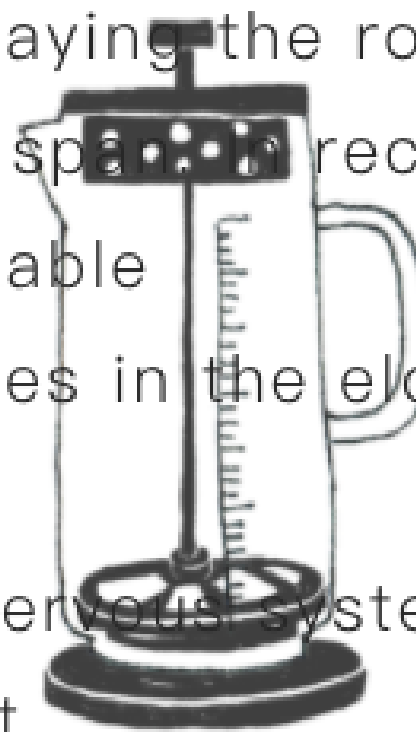
Chrysanthemum has inhibitory effects on Staphylococcus aureus, B-thrombotic streptococci and typhoid bacillus in vitro. The Chystemamum infused in water also allows common skin-borne fungi to be suppressed and controlled.

2. Chystemmum enhances the ability of capillary resistance within the body. A study of the intraperitoneal injection of chrysanthemum extract into mice concludes that chrysanthemum can make the diffusion of local phenol blue in the intradermal injection of histamine less, indicating that it can inhibit the permeability of capillaries and have anti-inflammatory effects.

3. There is an antipyretic effect – an effect commonly found in medications to cool down the body from heat such as fevers or headaches. It has potent inhibitory effects on Staphylococcus aureus, Escherichia coli, Shigella flexneri etc.

4. Chrysanthemum also has a very significant impact on the cardiovascular system. More specifically, the most well known and significant results are to expand the coronary artery and enhance coronary flow. As well, Chystanmum has an excellent therapeutic effect on senile diseases such as coronary heart disease, hypertension and hyperlipidemia, thus playing the role of battling away conditions and prolonging the life span. In recent years, China has been able to make some remarkable achievements in the treatment of common diseases in the elderly by using Chystenmum tea.

5. It has a soothing effect on the central nervous system to calm down the mind and has a detoxifying effect.



Continuing ...

Benefits of the mulberry leaf: _____

1. Effect of sterilization.

The sharp stems of fresh mulberry leaves have inhibitory effects on *Staphylococcus aureus* and Type B hemolytic streptococcus. Also, it can inhibit *Leptospira*, which is an infection caused by corkscrew-shaped bacteria called *Leptospira* in the lungs or meningitis. Its signs and symptoms range from none to mild of headaches, muscle pains, and fevers to severe with bleeding from the lungs or meningitis.

2. Reducing blood sugar levels.

The quercetin contained in mulberry leaves can promote the conversion of glucose into glycogen with a hypoglycemic effect.

3. Lowering fat levels in the body.

The ecdysone contained in mulberry leaves can lower blood lipid levels and help the body to promote protein synthesis to eliminate cholesterol in the body to reduce blood fat. Besides, mulberry leaves also have a beautifying effect. A recent study in 2004 on the impact of mulberry leaves have shown that mulberry leaves have particular beautifying implications, especially with treating acne and brown spots on the face.

Benefits of Licorice: _____

Licorice also has the beneficial effects for detoxification, controlling and resolving phlegm with coughs, as well as digestion problems in the stomach, gut, abdomen etc. It is dark and humid, with a dry climate with long sunshine and low temperature.



Summer Mulberry Tea 夏桑菊茶



Ingredients:

- 15g Prunella
- 15g Mulberry Leaf
- 15g Chrysanthemum

Instructions:

1. Fill a pot with 500ml water.
2. Put the prunella, chrysanthemum and mulberry leaf into the pot.
3. Bring it to a boiling point.
4. Let it boil for 5 minutes.
5. Strain the tea to clear away the remaining leaves and particles.
6. Pour into your favourite mug, and enjoy!

Benefits of this tea:




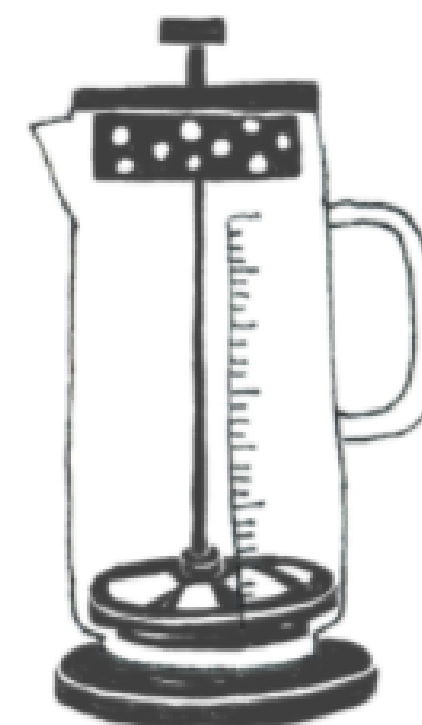
The mulberry leaves in this herbal tea help to clear the lungs. In contrast, the wild chrysanthemum has a strong heat-clearing and detoxifying ability. When prunella, mulberry leaves, and wild chrysanthemums are combined, they result in having a robust anti-fire ability when combined. It is one of the classic herbal tea recipes in Guangdong.



Prunella Benefits: _____

The chemical composition of Prunella vulgaris contains triterpenoid saponins, rutin, hyperoside and other glycosides and ursolic acid, caffeic acid, free zitheric acid and other organic acids. Also, the flower spike contains delphinidin, cornflower Anthocyanins, d-camphor, d-fennelone, etc. This plant can be used to reduce red eyes as well as swelling, headaches, dizziness, and eye pain that occurs during the night. This product is a bitter and cold herb that effectively treats diarrhea, liver fire and eyesight. With the treatment of liver fire, inflammation, red eyes and swelling, this can be used with mulberry leaves, chrysanthemum, cassia and other medicinal herbs to strengthen this herbs' effect; as recorded from "Zhang shi Medical."

 Please refer to pg.15-16 for the benefits of using chrysanthemum and the mulberry leaves in herbal teas for a more detailed explanation of their effects on the human body.



Hawthorn & Honeysuckle Tea 山楂金银花茶



Ingredients:

- 15g Hawthorne
- 30g Honeysuckle

Instructions:

1. Fill a pot with 500ml of water.
2. Put the hawthorn and honeysuckle into the pot.
3. Let it boil for 30 minutes.
5. Strain the tea to clear away the remaining leaves and particles.
6. Pour into your favourite mug, and enjoy!



Benefits of this tea:



Note that women who are pregnant are advised not to drink this herbal tea.

Benefits of the honeysuckle: _____

Honeysuckle has been famous for its medicinal value since ancient times for being a cold and sweet herb that enters into the lungs, heart, stomach. It has the effect of clearing away heat, detoxification, anti-inflammatory, tonic and wind treatment, the main symptoms of swelling, fever, fever, heat, ulcers, tumour embolism and scorpion venom etc.

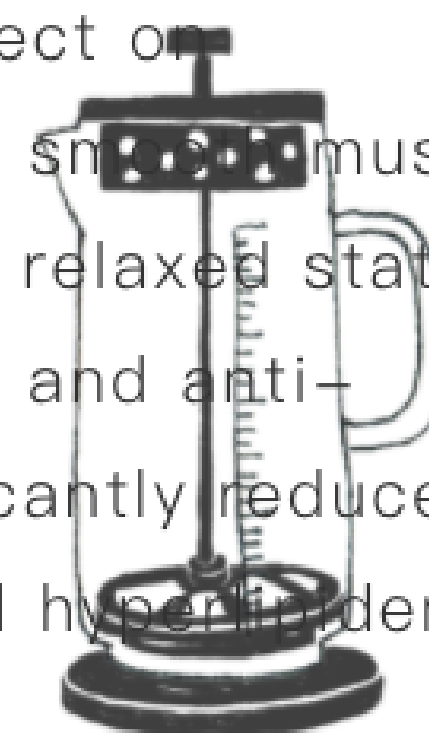


Recent studies have shown that honeysuckle contains pharmacologically active ingredients such as chlorogenic acid and luteolin, and therefore has potent inhibitory effects on various pathogenic bacteria such as hemolytic streptococcus, staphylococcus aureus and upper respiratory tract infection. It can also enhance immunity, anti-early pregnancy, liver protection, anti-tumour, anti-inflammatory, antipyretic, hemostasis (coagulation), inhibition of intestinal absorption of cholesterol, etc. Also, honeysuckle has a wide range of clinical uses and can be used in combination with other drugs for the treatment of respiratory tract infections and bacteria.

Benefits of Hawthorn:

Hawthorn has many strengths, such as being able to aid digestion and reduce blood fat. First, Hawthorn contains a variety of organic acids to enhance gastric acidity after oral administration, increase pepsin activity, and promote protein digestion. Besides, hawthorn tastes sour from its acid; therefore it stimulates gastric mucosa to promote gastric juice secretion.

Hawthorn also contains vitamin C and lipase, which can improve fat digestion. Ingredients, oral administration can increase appetite; hawthorn has a regulating effect on gastrointestinal motility, inhibits gastrointestinal smooth muscle in spasm state, and excites smooth muscle in a relaxed state. Secondly, it has the effect of reducing blood fat and anti-atherosclerosis. Hawthorn flavonoids can significantly reduce total serum cholesterol (TC), low in experimental hyperlipidemia animals.



Continuing ...

The density of lipoprotein cholesterol (LDL-C) and apolipoprotein B (ApoB) significantly increased high-density lipoprotein-cholesterol (HDL_C) and apolipoprotein A (ApoA) concentrations. However, for glycerol, “The ester” (TG) has little effect. The blood lipid-lowering effect of hawthorn is to reduce the blood lipids by inhibiting the synthesis of cholesterol in the liver and promoting the liver’s intake of plasma cholesterol. Hawthorn flavonoids can also reduce the risk of atherosclerosis (AS) and prevent the development of AS.



Autumn Pear Paste 秋梨膏

Ingredients:

3000g Pear	50g Chuanbei
50g Ginger	x1 Mangosteen
50g Lily	100g Dried Date
30g Dried Mint	50g Honeysuckle
Adequate amount of Honey	



Instructions:

1. Cut the pears with its into stripes and add it to 650ml of water.
2. Add the ginger, Chuan Bei, and mangosteen into the pot.
3. Let it boil for 2.5 hours on medium heat.
4. Strain the pulps to get the pear juice out into the bowl.
5. Pour the remaining pulp into the pot and add the lily and dried dates with 650ml of water.
6. Boil for 1.5 hours on medium heat.
7. Strain the pulps to get the pear juice out again into the bowl.
8. Pour the remaining pulp into the pot and add the dried mint and honeysuckle with 650ml of water.
9. Boil for 30 minutes on medium heat.
10. Strain the pulps to get the pear juice out again into the bowl.
11. Pour the liquids from the three boils into a pot and boil the pearl liquid until it becomes a thick, yet stirrable state. It should be able to run down a spoon smoothly but still stick on a layer of paste onto the spoon.
12. Add an adequate amount of honey or until to your liking and pour the paste into a jar to store.

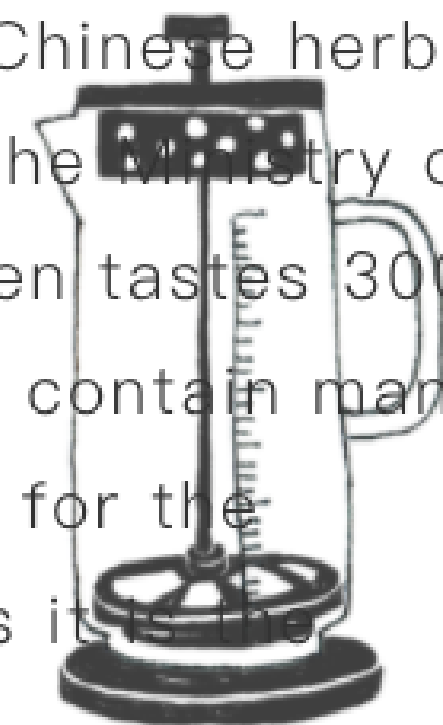
Chuan Bei Benefits

Chuan Bei typically tastes bitter, sweet, and has a slight cooling sensation. The most Chuanbei usually tastes bitter, sweet, and has a slight cooling sensation. The most important effects of this herb are to clear away heat and moistures the lungs to help relieve cough and dissipating phlegm. It can also be used to help treat yin deficiency and labour, blood in the sputum, chyle, and lung sputum.

Benefits of Mangosteen:

Mangosteen is sweet and refreshing and has the effects of moistening the lungs, relieving cough and quenching thirst. The fruit has high nutritional value and is rich in vitamin C (400 mg to 500 mg per 100 g of fresh fruit) as well as the glycoalkaloid, fructose, glucose, protein and lipids.

Many Chinese medicine researchers believe that Luo Han Guo Gan, acid, cold, clearing heat and cooling blood, Shengjin cough, soothing detoxification, skin rejuvenation, moisturizing lungs and other phlegm, can be used for longevity, staying in colour. Also, it is useful for the treatment of hot cough, sore throat, constipation, and thirst irritability. The Chinese mangosteen is the first set of valuable Chinese herbal medicines for food and medicine announced by the Ministry of Health; therefore, this sweet-smelling mangosteen tastes 300 times sweeter than regular sucrose but does not contain many calories. It is deemed as a valuable raw material for the beverages industry and confectionery industry as it is the healthiest substitute for sucrose.



Continuing ...

Pickled Bitter Gourd 凉拌苦瓜

Ingredients:

- x1 Bitter Gourd
- 1 teaspoon salt
- 1 tablespoon soy sauce
- 1 tablespoon vinegar
- 1 teaspoon white sugar
- 1/2 teaspoon sesame oil



Instructions:

1. Wash the bitter gourd clean, slice it horizontally into two long halves with its broadside. Scoop the seeds of the bitter gourd out.
2. Cut each half of bitter gourd into thin slices diagonally.
3. Add 600ml of water into a pot and add the salt into the water.
4. When the water boils, add the sliced bitter gourd pieces into the pot. Let it cook for 1 minute.
5. Scoop the bitter gourd out of the pot into a bowl of ice water.
6. Mix the chopped garlic, soy sauce, vinegar, white sugar, and sesame oil.
7. Pour the mixed sauce over the bitter gourd to your liking.
8. In a pan, heat 1/4 cup of oil and pour over the bitter gourd.



Benefits of this dish:

Bitter gourd can remove toxins from the body. The best way to eat bitter gourd is by eating it like a salad. By doing eating this raw, it can best retain the vitamins contained in the bitter gourd. If you use the method of sautéing, these vitamins will be lost in the process of sautéing, and the content of oil after sautéing is relatively high, which will defeat the purpose of cooling the body and detoxing its oils.

Eating the bitter gourd has two main effects, the skin rejuvenation effect and the blood sugar-lowering effect.

1. Eating bitter melon can enhance the vitality of the cortex and make the skin tender and tighter. Use fresh bitter gourd juice or decoction on the liver and red eyes, stomach cramps, damp heat and dysentery, are all excellent methods for food therapy. Also, if you take fresh bitter gourd and smash it into a paste, it can treat bloated hemorrhoids and liec. Putting bitter gourd to boil in water or used to create dishes can have the effect of dissipating heat within the body.

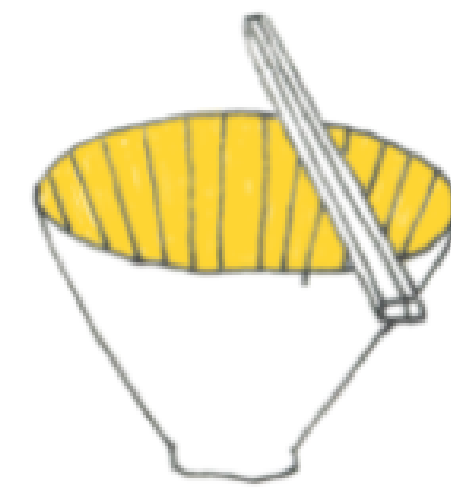
2. Lowering blood sugar: The crude extract of bitter gourd contains similar insulin substances and has a noticeable hypoglycemic effect. Chinese medicine believes that bitter melon tastes bitter and cold, which helps to clear heat, detox and quench thirst.



Candied Pig Trotters 冰糖猪蹄

Ingredients:

- 700g Pig Feet
- x5 Pieces of Dried Hawthorn
- x10 Cloves of Garlic
- x2 Star Anises
- x1 Cinnamon Stick
- 4–5 Slices of Ginger (1cm thickness)
- 80g Rock Sugar
- 6–7 Frageracne Leaves (Optional)
- Dash of Soy Sauce
- Dash of Dark Soy Sauce
- Dash of Cooking Wine



Instructions:

1. Place the pig trotters into a pot and add water until it fully covers the pig feet.
2. Add the cooking wine as well as the ginger slices.
3. After the mixture comes to a boil, scoop the foam that will gather on the top of the pot out.
4. Boil for 5 minutes.
5. Pour the pig feet into a strainer and wash it clean with water. If there is still a lot of hair on the pig feet, pull them out to clean this.
6. Place the pig feet into a pressure cooker and add the soy sauce, dark soy sauce, ginger, rock sugar, cooking wine. Then, add water until it covers the pig feet.

Continuing ...

7. Cook for 30 minutes in the pressure cooker.
8. Pour the entire mixture into a pan and turn to high heat to make its sauce thicker and more flavorful. When the sauce becomes sticky and thick, it is ready to be served.



Hawthorn has many strengths, such as being able to aid digestion and reduce blood fat. First, Hawthorn contains a variety of organic acids to enhance gastric acidity after oral administration, increase pepsin activity, and promote protein digestion. Besides, hawthorn tastes sour from its acid; therefore it stimulates gastric mucosa to promote gastric juice secretion.

Hawthorn also contains vitamin C and lipase, which can improve fat digestion. Ingredients, oral administration can increase appetite; hawthorn has a regulating effect on gastrointestinal motility, inhibits gastrointestinal smooth muscle in sputum state, and excites smooth muscle in a relaxed state. Secondly, it has the effect of reducing blood fat and anti-atherosclerosis. Hawthorn flavonoids can significantly reduce total serum cholesterol (TC), low in experimental hyperlipidemia animals. The density of lipoprotein cholesterol (LDL-C) and apolipoprotein B (ApoB) significantly increased high-density lipoprotein-cholesterol (HDL_C) and apolipoprotein A (ApoA) concentrations. However, for glycerol, “The ester” (TG) has little effect. The blood lipid-lowering effect of hawthorn is to reduce the blood lipids by inhibiting the synthesis of cholesterol in the liver and promoting the liver’s intake of plasma cholesterol. Hawthorn flavonoids can also reduce the risk of atherosclerosis (AS) and prevent the development of AS.

Beef Sauteed with Bitter Gourd 苦瓜炒牛肉

Ingredients:

- 300g Beef
- x1 Bitter Gourd
- x1 Piece of Ginger (Medium)
- 2 Tbps Oyster Suace
- 2 Tsp Rice Wine
- ½ Tbsp Soy Sauce
- Dash of Peanut/Vegatable Oil
- Dash of Salt
- ⅓ Tbsp Cornstarch



Instructions:

1. Slicer 3 pieces of ginger thinly
2. Slice the beef into small pieces against its grain/veins.
3. Add the oyster sauce, soy sauce, dash of salt, ginger, and rice wine.
4. Massage the beef in one direction for 3 minutes.
5. Add the cornstarch and peanut oil and massage the meat further for 2 minutes.
6. Wash and slice the bitter gourd in its long way. Then, use a spoon to scoop its seeds out.
7. Slice it vertically into thin pieces and a dash of salt on top of it.
8. Wash the chives and cut them into medium lengthened pieces.

Continuing ...

9. Add sufficient oil into a pan. After the oil is hot, place the beef slices into the pot and cook until the pieces of meat have fallen apart, and the center is firm.
10. Scoop the beef pieces out.
11. Place the chives into the remaining oil and cook until the chives turn to a yellow colour and give off a delicious fragrance.
12. Put the sliced bitter gourd into the pot and sautee it until it is no longer raw and stiff.
13. Put the beef pieces in and cook them until the bitter gourd and the beef are well incorporated. This step will take a little time. Then, serve!

Benefits of this dish:



Eating the bitter gourd has two main effects, the skin rejuvenation effect and the blood sugar-lowering effect.

1. Eating bitter melon can enhance the vitality of the cortex and make the skin tender and tighter. Use fresh bitter gourd juice or decoction on the liver and red eyes, stomach cramps, damp heat and dysentery, are all excellent methods for food therapy. Also, if you take fresh bitter gourd and smash it into a paste, it can treat bloated hemorrhoids and liec. Putting bitter gourd to boil in water or used to create dishes can have the effect of dissipating heat within the body.

2. Lowering blood sugar: The crude extract of bitter gourd contains similar insulin substances and has a noticeable hypoglycemic effect. Chinese medicine believes that bitter melon tastes bitter and cold, which helps to clear heat, detox and quench thirst.



Ginseng Chicken Soup 人参鸡汤

Ingredients:

- 60g Ginseng
- x1 Whole Chicken
- 40g Slices of Ginger
- 15g Gouqi
- Optional Green Onion for Garnishing.



Instructions:

1. Boil a pot of water and place the chicken in to cook for 3–5 minutes. Scoop the chicken out after that.
2. Place the chicken into another large clean pot, and place the ginger, gouqi, as well as ginseng into the pot.
3. Pour water into the pot until it covers the top of the chicken.
4. Cook on medium–high heat for 2 hours.
5. Serve with a dash of green opinion to garnish!

Benefits of this dish:

Benefits of Gouqi:

Many studies have shown that *Lycium barbarum* polysaccharides have the functions of promoting immunity, anti-ageing, anti-tumour, scavenging free radicals, anti-fatigue, anti-radiation, liver protection, reproductive function protection and improvement.

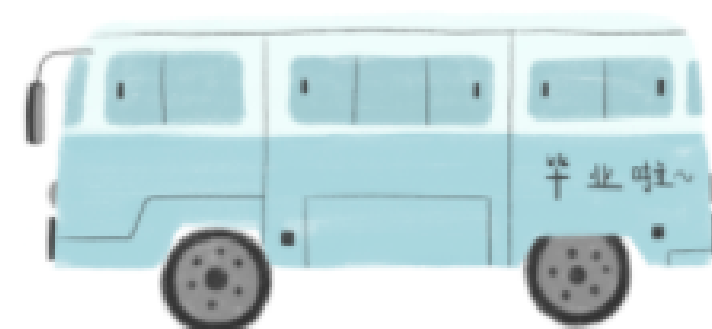
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The pigment in Gouqi mainly includes carotene, lutein and other coloured pigments. Carotenoids contained in earthworms have significant medicinal value as many studies have shown that eucalyptus seed pigments have the effects of improving human immune function, preventing and inhibiting tumours, and preventing atherosclerosis. Carotene is the main active ingredient of sputum pigment and has essential physiological functions such as antioxidant and synthetic precursors of vitamin A.

Benefits of Ginseng: - - - - -

”Shen Nong’s Herbal Classic” is the earliest existing monograph on traditional Chinese medicine and records the essence of ginseng medicine that has been formed in China 4000 years ago: ”ginseng, sweet and slightly cold, heals the main complement to the five internal organs, regenerates the livelihood of the spirit and soul in addition to evil spirits.

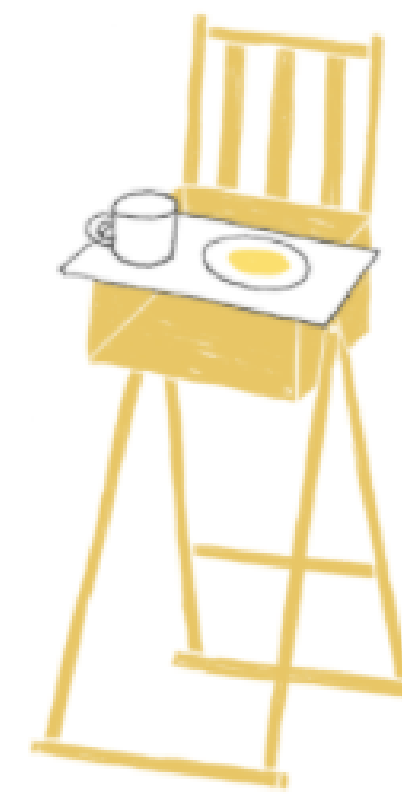
Simply Speaking, it affects the central nervous system as Ginseng regulates the balance between the excitation process and the inhibition process of the central nervous system. For example, ginseng has an excitatory effect on the central nervous system, while a large number of cells have an inhibitory effect. It can strengthen the process of and enhancing the inhibition of advanced neurological activities in animals. It can also improve the body’s ability to adapt to all non-specific stimuli and reduce fatigue.



Herbal Infused Hotpot Base 药膳火锅底料

Ingredients:

- 30g Licorice
- 10g Ginseng
- 10g Dried Date
- 10g Gouqi
- 700ml Chicken/Rib Broth
- 10g Zanthoxylum or Black Grinded Pepper
- 50g Minced Garlic
- 50g Ground Minced Ginger
- 1tsp Sesame Oil
- 1tsp White Sugar
- 5g Beef Fat/Lard/Butter
- Dash of Soy Sauce
- One piece of Scallion
- 30g Dried Red Pepper (Optional)
- 20g Sichuan Red Pepper Paste
- 15g Pickled Red Pepper ((Optional)



Instructions:

1. Wash all of the herbal ingredients and make sure that the gouqi and dates get puffy and becomes full in size.
 2. Slice the ginseng into smaller pieces, and put them into a large pot along with the dates and gouqi.
- After the soup base comes to a boil, turn to low heat and let it simmer for 30 minutes.

Continuing...

4. Strain the soup to get a clear medical soup and set aside for later use.

5. Cut the scallion into medium-sized chunks.



6. Heat a pot with oil that covers its base layers and put the minced garlic, minced ginger, zanthoxylum, scallion, and pickled red pepper (optional for spice).

7. Put in the Sichuan Spicy Bean Paste to the amount depending on the level of spiciness you desire.

8. Place the dried red peppers that were previously washed into the pot. We want to put this towards the end to avoid getting all of the peppers burnt and black!

9. Pour in the rib or chicken broth prepared.

10. After this soup base comes to a boil, pour in your medicinal soup.

11. Add in your butter, beef fat, or lard and a dash of salt.

12. Once this comes to a boil, eat this as a hotpot soup base by cooking many other foods that are thinly sliced according to your liking!

Benefits of this dish:

Benefits of the Licorice:

Licorice also has beneficial effects for detoxification, controlling and resolving phlegm with coughs, as well as digestion problems in the stomach, gut, abdomen etc. It is dark and humid, with a dry climate with long sunshine and low temperature.

Continuing...

Benefits of Ginseng: - - - - -

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Benefits of the Date: - - - - -

1. Nourishing the blood: jujube is good nourishment as Dr. Sun Andi, a professor of immunology at National Taiwan University, strongly advocates eating more red dates, jaundice, and sputum, which can improve the body's vitality and enhance immunity.

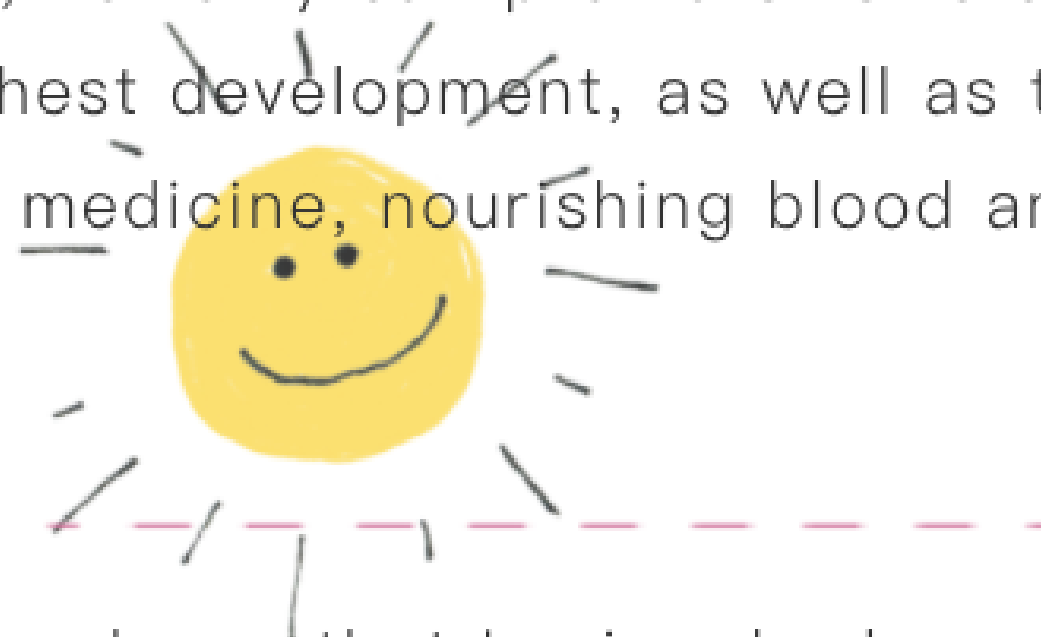
2. Soothe the nerves: women with bipolar disorder, crying, restlessness, restlessness, etc., with red dates and licorice, wheat with Ganmai jujube soup, can play the role of nourishing blood and soothe the nerves, Shugan Jieyu.



Continuing...

3. Palliative medicinal properties: red dates are often used in medicinal prescriptions to reduce the side effects of potent drugs and protect righteousness. For example, in the ten jujube soup, the jujube is used to relieve the toxicity of laxatives such as Ganzi, Daphnia, and Scutellaria, and protect the spleen and stomach from harm.

4. Red dates are warm and sweet, containing protein, a variety of amino acids, carotene, vitamins, iron, calcium, phosphorus substances, not only can promote female hormone secretion, strengthen chest development, as well as tonic spleen and stomach, reconcile medicine, nourishing blood and nerves efficacy.



Benefits of the Gouqi:

Many studies have shown that *Lycium barbarum* polysaccharides have the functions of promoting immunity, anti-ageing, anti-tumour, scavenging free radicals, anti-fatigue, anti-radiation, liver protection, reproductive function protection and improvement.

The pigment in Gouqi mainly includes carotene, lutein and other coloured substances. Carotenoids contained in earthworms have significant medicinal value as many studies have shown that eucalyptus seed pigments have the effects of improving human immune function, preventing and inhibiting tumours, and preventing atherosclerosis. Carotene is the main active ingredient of sputum pigment and has essential physiological functions such as antioxidant and synthetic precursors of vitamin A.

Ginseng Pork Congee 参枣瘦肉粥



Ingredients:

- 5g Ginseng
- 10g Dried Date
- 250g Sticky Rice
- 15g Brown Sugar

Instructions:

1. Slice the ginseng into small pieces
2. Remove the core from the dates
3. Wash the ginseng, dates, and sticky rice and place them all into a pot.
4. Cook them on medium heat for 30 minutes.
5. Add in the brown sugar to taste and to your liking and mix well.
6. Serve!

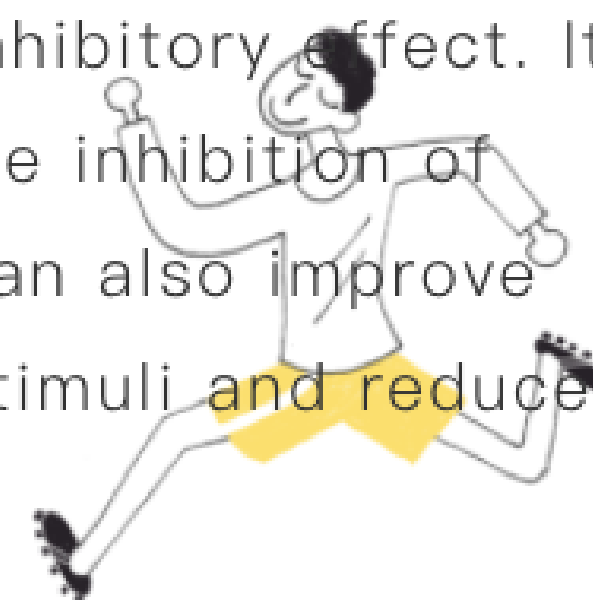
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Continuing...

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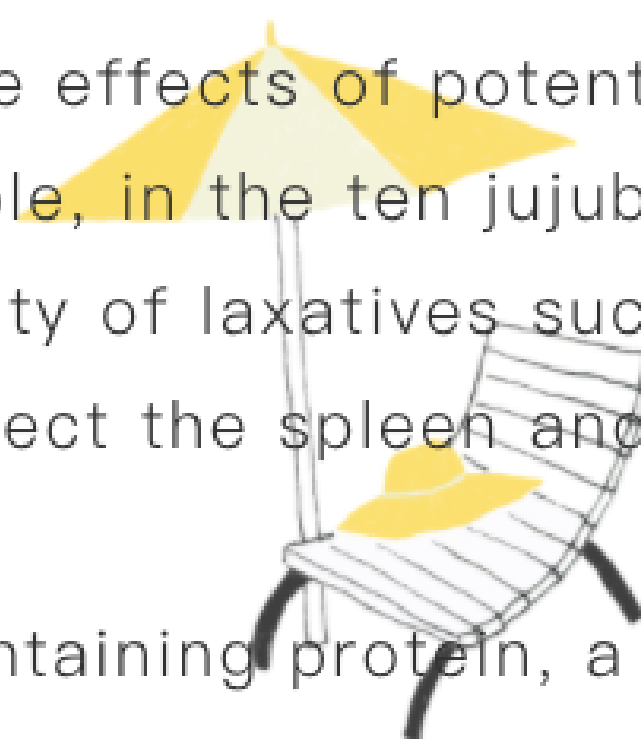


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1. Nourishing the blood: jujube is good nourishment as Dr. Andi, a professor of immunology at National Taiwan University, strongly advocates eating more red dates, jaundice, and sputum, which can improve the body's vitality and enhance immunity.

2. Soothe the nerves: women with bipolar disorder, crying, restlessness, restlessness, etc., with red dates and licorice, wheat with Ganmai jujube soup, can play the role of nourishing blood and soothe the nerves.

3. Palliative medicinal properties: red dates are often used in medicinal prescriptions to reduce the side effects of potent drugs and protect righteousness. For example, in the ten jujube soup, the jujube is used to relieve the toxicity of laxatives such as Ganzi, Daphnia, and Scutellaria, and protect the spleen and stomach from harm.



4. Red dates are warm and sweet, containing protein, a variety of amino acids, carotene, vitamins, iron, calcium, phosphorus substances, not only can promote female hormone secretion, strengthen chest development, as well as tonic spleen and stomach, reconcile medicine, nourishing blood and nerves efficacy.

Warming Gouqi and Ginger Candied Water 枸杞姜糖水

Ingredients:

- One hand full of Gouqi
- 2 Medium Sized Slices of Ginger
- 3 Dried Dates
- 2 Tbsp Brown Sugar



Instructions:

1. Wash all of the ingredients thoroughly.
2. Cut the ginger and dried dates into small pieces and put them together in one bowl. Add the brown sugar.
3. Pour these materials into 600ml of boiling water and cover it with a lid for 3 minutes. Then, it is ready to be served!

Benefits of this dessert:

Benefits of the Gouqi: - - - - -

Many studies have shown that Lycium barbarum polysaccharides (Gouqi) have the functions of promoting immunity, anti-ageing, anti-tumour, scavenging free radicals, anti-fatigue, anti-radiation, liver protection, reproductive function protection and improvement.

The pigment in Gouqi mainly includes carotene, lutein and other coloured substances.

Continuing...

Carotenoids contained in earthworms have very significant value as many studies have shown that eucalyptus seed pigments have the effects of improving human immune function, preventing and inhibiting tumours, and preventing atherosclerosis. Carotene is the main active ingredient of sputum pigment and has essential physiological functions such as antioxidant and synthetic precursors of vitamin A.

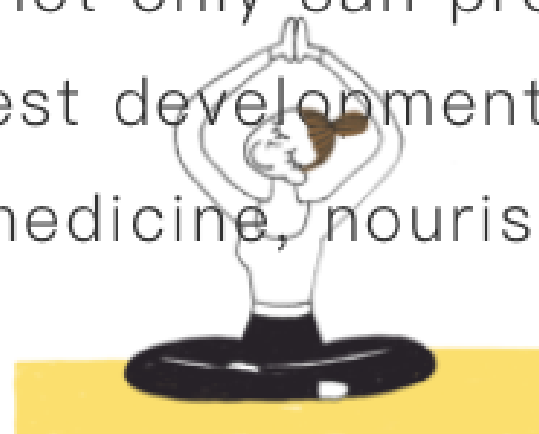
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Snow Pear Tremella Soup 雪梨银耳羹

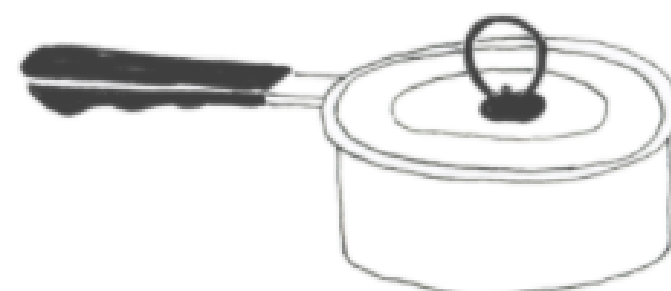


Ingredients:

- 1 Medium Sized Snow Pear
- 1 Cup of Dried Tremella
- 20 Pieces of Lotus Seed
- 15 Pieces of Lily Petals
- Dash of Gouqi
- Dash of Crystal Sugar

Instructions:

1. Soak the lily petals and the lotus seeds in water. In a separate bowl, soak the tremella in cold water to allow it to inflate and rinse it clean afterwards.
2. Peel the skin of the snow pear if desired, and cut it into medium-sized blocks. Set aside.
3. Place the lily and lotus seed that has been soaking in water into a pot along with the pear pieces and the inflated tremella.
4. On low heat, simmer the soup for 1 hour.
5. Add in a dash of gouqi and a touch of crystal sugar to your liking and let it simmer for another 30 minutes. Then, it is ready to be served!



Benefits of this dessert:

Benefits of the Tremella:

Tremella is a valuable, nutritious and nourishing product. The royal aristocracy of the past generations regards the white fungus as a longevity product. Modern medicine has proved that the primary pharmacologically active ingredient of Tremella fuciformis is a polysaccharide. Tremella polysaccharide is the most critical component of Tremella fuciformis, accounting for 60%~70% of its dry weight. Tremella polysaccharide is also an important biological active substance, which can enhance human immune function. And Tremella polysaccharides are not toxic to the respiratory system, central nervous system, blood circulation system, heart, liver, kidney, etc.

Benefits of the Lotus Seed:

It has the effects of replenishing the spleen and stopping diarrhea. Also, its common use is for treating spleen diarrhea, benefit the kidney and phlegm, nourish the heart and calm the nerves.

Benefits of the Lily Petals:

The lily has a dry and slightly bitter taste. Its main effect is to nourish the lungs, blood in the sputum, relieve the late stage of a fever, and to relieve the feeling of bloatedness after a meal.

Benefits of the Gouqi:

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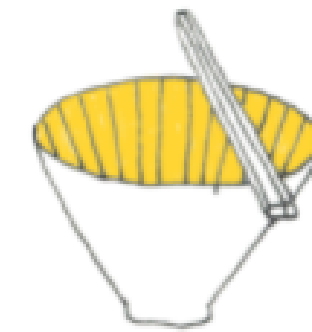
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Sweet Rice Dumplings 花生汤圆

Ingredients:

- 250g Glutinous Rice Flour
- Boiling Water
- Room Temperature Water
- 1 Cup Sweet Rice Soup
- 100g Peanut Butter
- 5g Gouqi
- 2 Tbsp of Sugar Osmanthus or Sugar



Instructions:

1. Add white granulated sugar to 140ml of boiling water and make sure to mix while pouring in hot water. Then, add in the room temperature water little by little until little dough pieces begin to form. It may look a little bit dry, but it will be fine!
2. Knead the dough until smooth. If it feels a little bit sticky, wash your hands and add some more glutinous rice flour. If it is too dry and crumbles when you knead them after a while, add more water.
3. Let the dough rest for 30 minutes.
4. Take the peanut butter and divided them into small even balls, to act as the center of the rice dumpling.
5. Roll the dough that has rested for 30 minutes and roll it into a long piece. Cut it into thirds, and roll each strand out thinly to a diameter of around 1 cm.
6. Cut the rolled dough into small pieces around 3cm long and do this until all of the dough has been cut....

7. Take a piece of the dough as well as a ball of peanut butter, then shape the dough into a small bowl shape from pressing the dough from the center and out. Take the peanut-butter ball, and place it in the center of the dough. Close the dough ball by squeezing the dough gently so that it encloses the peanut butter ball.

8. Place the rice dumplings into 800ml of boiling water. When it starts to float, it is considered cooked!

9. In a bowl, incorporate 22g of cornstarch with 125g of water. Pour into the pot.

10. After this soup comes to a boil, add the rice soup as well as the gouqi. Turn off the heat.

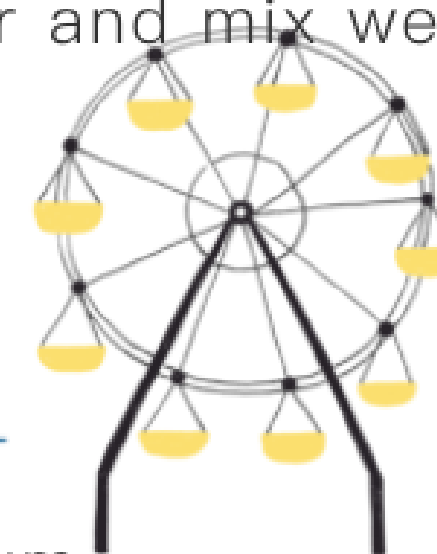
11. Add the sugar osmanthus paste or regular sugar and mix well.

Serve!



Benefits of this dessert:

Benefits of the Gouqi: - - - - -



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Sweet Black Sesame Porridge 黑芝麻糊

Ingredients:

- ½ Cup of Roasted Black Sesame Seeds
- ⅓ Cup of Roasted Walnuts
- 2 Tbsp of Glutinous Rice Flour
- 35g of Crystal Sugar



Instructions:

1. Put the black sesame seeds and walnuts into a blender and blend until it results in a beautiful, powdered form.
 2. Pour the crumbled mixture into a pot and add the glutinous rice flour.
 3. Add 400ml of water and bring the mixture to a boil. Make sure to constantly stir while this boils to make sure that the bottom of the mixture does not burn. Simmer this until it becomes thick and creamy.
- Add in the crystal sugar or to your liking, and simmer this for another 5 minutes until the sugar is fully dissolved.
4. Serve!

Benefits of this dessert:

Benefits of the Gouqi: - - - - -

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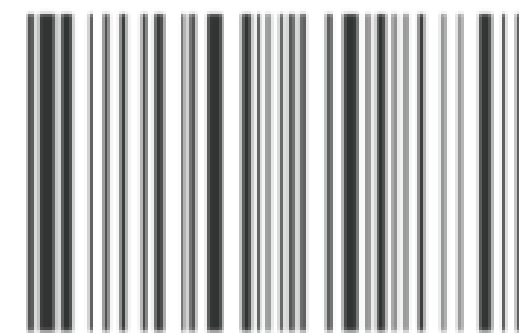
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Reflect & Relearn
—让生活更有仪式感—

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