

Ginseng Congee

Recipe: 3g (ground) Ginseng, 100 g of Rice, 10x Water

Cook in rice cooker or on stove till rice is very soft

Function: warm up mj, tonify qi, tonify Sp function

Indication: Sp/St def, loss of appetite, chronic diarrhea or soft stool, weak constitution

Contra: avoid turnip, green tea

Restoring & Invigorating Qi Congee

Recipe: 10g Huang Qi, 10g Dang Shen, 100g Rice, 10x Water

Cook in rice cooker or on stove till rice is very soft

Function: tonify all organ qi (Kd, Sp, Lu, Ht, Lv) boost immune system, delay age, help w. longevity

Indication: chronic disease, or weak constitution, post partum, excessive sweat, from def, poor appetite

Contra: none

Long Gan Aril Congee

Recipe: 10g Long Yan Rou, 5 p Da Zao, 60g Rice, 10x Water

Cook in rice cooker or on stove till rice is very soft

Function: nourish Ht, calm the spirit, tonify Sp, tonify blood,

Indication: insomnia, anxiety, anemia

Contra: none

*once in a while take to boost immunity

Wild Jujube Seed Congee

Recipe: 10g Suan Zao Ren (in cheesecloth), 100g Rice, 10x Water

Cook in rice cooker or on stove till rice is very soft

Function: nourish the Lv, release stress, calm the mind, reduce the sweat,

Indication: elderly people w. insomnia, palpitations, spontaneous sweating, night sweats

Contra: none

Dogwood Fruit Congee

Recipe: 10g Wu Zhu Yu, 100g Rice, 10x Water

Cook in rice cooker or on stove till rice is very soft

Function: nourish Lv, tonify Kd,

Indication: excessive sweat caused by Kd def, dizziness, tinnitus, low back pain caused by Kd def, women with excessive leucorrhea, older men w. frequent night time urination

Contra: none

Lily Bulb Congee

Recipe: 20g Bai He (ground), 100g Rice, 10x Water, add white crystal sugar

Cook in rice cooker or on stove till rice is very soft

Function: nourish Lu, clear heat toxicity, reduce the heat, calm the mind

Indication: menopause, summerheat

Contra: phlegm cold, Sp yang def, Kd yang def, Lv/Kd empty heat

*lots of people in summertime take this congee, good for summerheat and stroke

Lucid Asparagus Root Congee

Recipe: 10g Tian Men Dong, 60g Rice (100g Rice for family), 10x Water

Cook in rice cooker or on stove till rice is very soft

Function: nourish yin, moisten dryness, nourish yang, promote body fluids, relieve thirst

Indication: yin def, hot flashes, dry cough esp. in evening or night, TB

Contra: if asthma, or lots of sputum or external cold

Immortals Congee

Recipe: 15g He Shou Wu, 5p Da Zao, 100g Rice

Cook in rice cooker or on stove till rice is very soft

Function: tonify qi, nourish the blood, nourish the Lv, tonify Kd

Indication: Lv/Kd def, menopause, early age grey hair, constipation/dry stool,

Contra: none – can eat every once in a while

Abalone Shell and Cassia Seed Congee

Recipe: 20g Shi Ju Ming, 10g Jue Ming Zi – make decoction first, 100g Rice, 10x Water

Cook in rice cooker or on stove till rice is very soft

Function: nourish Lv, calm Lv yang, brighten eyes, great for hypertension

Indication: Lv rising headache, red face, red eyes, blurry vision, dry eyes

Contra: none

*Jue Ming Zi eye pillow very relaxing esp. soothing for the eyes

Arborvital Seed Congee

Recipe: 15g Bai Zi Ren (crush seeds, decoct first, or use cloth bag), 60g Rice 10x Water

Cook in rice cooker or on stove till rice is very soft

Function: nourish organs, tonify constitution, tonify the Ht, calm the spirit, moisten intestines, boost immune system, great for Ht weakness

Indication: constipation, insomnia, palpitations,

Contra: be careful with diarrhea

Red Bean Congee

Recipe: 20g Red Beans, 10p Da Zao, 60g Rice, 10x Water

Cook beans first until you can pinch then add Da Zao and Rice

Cook rest in rice cooker or on stove till rice is very soft

Function: nourish blood, tonify qi, calm spirit, reduce edema, remove stagnation,

Indication: qi and blood def, chronic edema, postpartum esp. insufficient lactation

Contra: none

Mong Bean Congee

Recipe: 20g Mong Beans, 60g Rice, 10x Water

Cook in rice cooker or on stove till rice is very soft

Function: clear heat, warm up mj, remove toxicity, good for summerheat, reduce edema

Indication: summerheat, good if you take antibiotics, constipation

Contra: none

Spinach Congee

Recipe: 1lb Spinach, ¼ lb Meat (pork, chicken, etc –ground), 3p Fresh Ginger, 100g Rice, 10x Water

Cook in rice cooker or on stove till rice is very soft then add Spinach in last 5 min

Function: nourish yin, moisten dryness, tonify blood, promote qi, improve vision

Indication: dry cough, dry mouth, night cough due to yin def, chronic fatigue, qi and blood def, constipation esp. in elderly

Contra: not good for diarrhea

Pearl & Jade Congee

Recipe: 2 Persimmons dice fine, 30g Yi Yi Ren, 60g Rice, 10x Water

Cook in rice cooker or on stove till rice is very soft

Function: tonify Lu, remove heat from St, Sp, and Lu, moisten dryness, nourish yin

Indication: anxiety, insomnia, low grade fever, night sweats, nighttime dry cough

Contra: St yang def

Black Soybeans

Recipe: 1lb Black Soy Beans, 10g Fu Ling, 10g Dang Gui, 10g Sang Zi, 10g Shu Di Huang, 10g Bu Gu Zi, 10g Tu Si Zi, 10g Han Lian Cao, 10g Wu Wei Zi, 10g Gou Ji Zi, 10g Di Gu Pi, 20g Black Sesame Seeds (1/5 cup), Salt 100g (1/3 cup)

Add enough water to cover the herbs, boil for 20 min

pour decoction to another pot and save, repeat herb water boil for 20 min x2

combine 2 and 3 decoction to the 1st

throw away herbs

then put back soy beans into decoction, open the lid, use big flame

want to evaporate the water while you cook

until you see black beans, when water gets low, add sesame seeds

have to keep stirring, until the water is gone, but beans are still wet

dry in oven for 200degrees – beans should be dry but wrinkly

Function: tonify Kd, esp. Kd essence, strengthen muscles, nourish bone/bone marrow, great for children when growing

Indication: Kd def, frequent urination, lbp, tinnitus, overworks exhausted Kd, Sp, weakness of knees, very good for kids, esp. 5 delay, good for menopause

Contra: none

Sesame Walnut Candy

Recipe: 1lb Walnut (chopped up) 20g Sesame Seeds, Honey, 1Tbsp Olive Oil

olive oil into flat pan, put walnut into flat pan, cook until you start to smell the walnuts (light brown), add sesame seeds, keep stirring for a min then turn off stove, keep stirring, wait till the nuts cool enough for you to touch, add honey enough for the nuts to stick together

put tin foil onto cookie sheet, add the nut/honey mixture, place tin foil on top and flatten till about 1 inch width

eat 1 or 2 pieces daily, also can just mix the two in powder form (keep in fridge) and eat a few spoonfuls a day

Function: tonify Lv blood, moisten organs and intestines, help w. constipation, delays aging

Indication: chronic fatigue due to qi and blood def, Lv/Kd def, taxation, menopause, back pain, hypertension, good for elderly

Contra: chronic diarrhea, loose stools – don't eat too much

Celery Carrot Juice

Recipe: 1lb Celery (chopped), ½ lb Carrots – into juicer

Function: calm Lv, clear heat toxicity, expel wind, nourish Kd yin, tonify Kd yang, promoting immune system, hypertension, high blood pressure, Lv heat

Indication: heat in the Lv

Contra: none

Honey w. Lotus

Recipe: 2lb Lotus (clean very well), cut at seams, 1lb Sweet Rice (presoak over night)

fill up the whole with rice, push w. chopsticks (but don't force it)

steam until the skin get brownish and the rice comps up (usu takes 1 hr)

let cool, then cut and can layer w. honey and serve as desert

Function: nourish middle jiao esp. tonify Sp/St function, tonify blood and qi, regenerate tissue, help w. healing, goof for def chronic diarrhea

Indication: good for everybody esp, weak immune system, poor appetite, postpartum, post surgical, chronic fatigue due to qi and blood def

Contra: none

Noodles w. Chinese Yams

Recipe: 1lb Fresh Yams, 150g Shan Yao (ground to powder), 5g Ginger, 1lb Wheat flour

Cook yams like potatoes mash then add Shan yao, ginger, flour make dough (add water), knead until makes dough,

use rolling pin make flat, fold like a fan, then cut thick or thin, can freeze what you don't eat

Function: tonify Sp, moisten Lu, tonify Kd, harmonize St

Indication: weak constitution, weak immune system, chronic diarrhea, Sp/Kd def, chronic leucorrhea,

Contra: suitable for everyone

Hawthorn-Walnut Paste

Recipe: 100g walnuts (ground) 30g Shan Zha (soak overnight, pick out seeds), then ground like paste, put in small pot put both, rice powder (depends how thick starch), add water 2 cups

Mix them like liquid, keep stirring, cook and keep stirring, can put a little honey, then becomes sticky paste, eat plain or on bread

Function: moisten Lu, nourish Kd, moisten intestines, promotes lactation, helps cholesterol, reduce blood pressure, boost immunity

Indication: asthma, chronic low back pain, poor digestion (Sp yang def), menses cramps, constipation

Contra: none

Sesame Persimmon Paste

Recipe: 2 Persimmon (cut very small sq), 20g Sesame (pre roasted try to crush), Rice powder

Put all together and add water (depends how thick you want 1-2cups), mix/stir

Then put on stove, keep stirring till becomes sticky like paste

Eat like that, or put on bread

Function: moisten dryness, moist Lu, tonify Kd, nourish Lu, promote body fluids

Indication: constipation, yin def, hemorrhoids, menopause

Contra: none

Steamed Pear w. Chuan Bei Mu

Recipe: 4Pears (cut off the stem and save and dig out the seeds/middle), 12g Chuan Bei Mu, 1 lb Sweet Sticky Rice, Sugar (white crystal)

Cook sticky rice like normal, add sugar, then put into the whole cut out of the pear, cover with the stem, put onto the steamer, steam for 30 min- until pear is soft, cool then eat

Function: moisten Lu, dissolve phlegm esp. heat, remove fire, clear Lu heat esp. in kids

Indication: dry cough, phlegm cough, yellow sputum difficult to spit out,

Contra: none

*give to kids when the temp changes esp. between summer and fall

Duck Cordiceps

Recipe: 1duck, cut neck horizontally, put Cordiceps along the neck, tie up w. string, put neck into ducks' stomach, put whole duck in bowl, add just enough water, 3p of ginger, 2 stalks of scallion and salt put on steamer for 4 hours.

Function: tonify Lu, nourish Kd esp. essence, nourish bone marrow, stop cough, release asthma,

Indication: Lu dryness, Kd can't grasp qi, Lu qi def esp. sweating of the head, anxiety from Ht def

Contra: none

Duck w. Wintermelon

Recipe: 1 duck, use ½ duck (can cut in pieces), 1lb of wintermelon, 5 pieces of ginger,

Make soup- cook meat first till meat is soft (2hrs), peel skin of wintermelon or cook w. skin then take off skin, salt to taste

Function: promote urination, tonify Sp/St

Indication: edema, diff urination, damp accumulation, weak immune system

Contra: none

Gou Qi Zi w. Pork

Recipe: ½ lb lean pork, 20g Gou Qi Zi (presoak first overnight in warm water), cut strips of lean pork, stir fry the pork (don't overcook) till brownish, put GQZ into pan until soft to eat (don't put too much water), then put back pork, add soy sauce & sesame oil

Function: nourish yin, tonify Kd, tonify Lv, brighten the eyes, boost the immune system

Indication: weak constitution, poor vision, floaters, low back pain, weak knees

Contra: none

Mutton w. Turnip

Recipe: ½ lb mutton per person (cut into small sq), 1lb turnip,

Cook meat first with 5 pieces of Ginger until meat is soft, cut turnip into slices and cook with meat for 15-20min

Salt to taste

Function: tonify Kd yang, warm up Sp yang, promote St function, remove food stagnation

Indication: impotence/infertility, Kd qi/yang def, chronic diarrhea, frequent urination, low metabolism, digestions problems, warms up St

Contra: don't drink in summertime

Black Bone Chicken Soup

Recipe: 1black chicken, 3 pieces of ginger, 10g He Shou Wu

Cook together, add water – cook for 2-3hrs. (1 boil throw out water, wash chicken boil again, 10 min then simmer), salt to taste

Function: tonify Lv, tonify Kd, nourish the blood, tonify qi, moisten yin, regulate menstruation, helps heal after surgery

Indication: menopause patient, low grade fever, chronic diarrhea, yin damage, post partum, chronic fatigue due to qi and blood def,

Contra: none

Thick Soup w. Dang Gui, Dang Shen, & Eel

Recipe: 1lb eel put in hot water, 1 boil, then put in cold water, wash off the slime, put back in clean water, just to cover eel, cook till bone & meat easy to separate, save boiled decoction.

10g Dang Gui, 10g Dang Shen – make decoction 20-30min

Add decoction to eel & fluids, try to separate meat from bones

Chop up meat to small pieces, put meat back in,

Then add in cold water, add starch, boil w. meat, stir the starch to make thicker soup.

Add ¼ cup of wine, add salt,

Keep cooking, 1 boil then turn off stove

-can add ginger or pepper

Function: tonify qi, nourish blood

Indication: qi and blood def causing anemia and infertility, post partum, post surgical, chronic illness, weak for long time

Contra: none

Carp Fish w. Red Bean Soup

Recipe: 1carp fish cleaned and deboned, 20g Red Beans – cook red beans first, dry w. paper towel, dry fish

Put in pan, 1 or 2 tbsp of oil and stir fry till brownish

Add red beans (cooked) add more water, cooking wine and ginger, cook ½ hr add salt

Function: tonify blood and qi, promote lactation

Indication: postpartum qi and blood def, weakness Sp function

Contra: none

Seal Cucumber w. Oyster Mushrooms

Recipe: 1 sea cucumber sliced (opened and deboned, intestines removed), 15-20 pieces oyster mushrooms (soaked overnight) saved water it was soaked in,

When cook don't add oil (if add oil cucumber melts), cook mushrooms first in soaking water until soft, add a little cooking wine (1/4 cup), add sesame oil

Function: tonify Sp, tonify yang/jing, moisten intestines, 5 child delay

Indication: cold hands/feet, chronic fatigue, infertility, constipation

Contra: none

Pork Dumplings

Recipe: 1 ½ lb of ground pork (or other meat), 2 ½ lb Chinese Cabbage (can do with carrots but cook them first), 3 Tbsp Olive Oil, Sesame oil, Sea Salt

First put cabbage in boiling water, then add cold water boil again, then take out a rinse in cold water, squeeze out liquid but don't make too dry

Chop cabbage, mix with pork, ¼ cup of cooking wine, 2 slices of ginger, starch to make soft, add sesame oil (till you can smell), cook a little in microwave to check taste

form dumplings and put in boiling water, then add cold water and boil again – take out and eat.