



# Family Herbal Cookbook: A Guide to the Ancient Chinese Philosophy of Food and Health

*Cecilia Tan*

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More than 5,000 years of Chinese tradition come through in this collection of delicious & healthy recipes for the whole family by Cecilia Tan, who was raised in Malaysia. You ll find wonderful dishes based on fresh, flavorful herbs & other wholesome ingredients. You ll gain fascinating insights into the Chinese philosophy towards food & health as they relate to all age groups in your family. An introduction supplies tips on cooking methods & equipment, menu suggestions, & a glossary of ingredients. Each chapter has a recipe index, & full-color photos throughout the book provide inspiration & ideas for presentation.

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