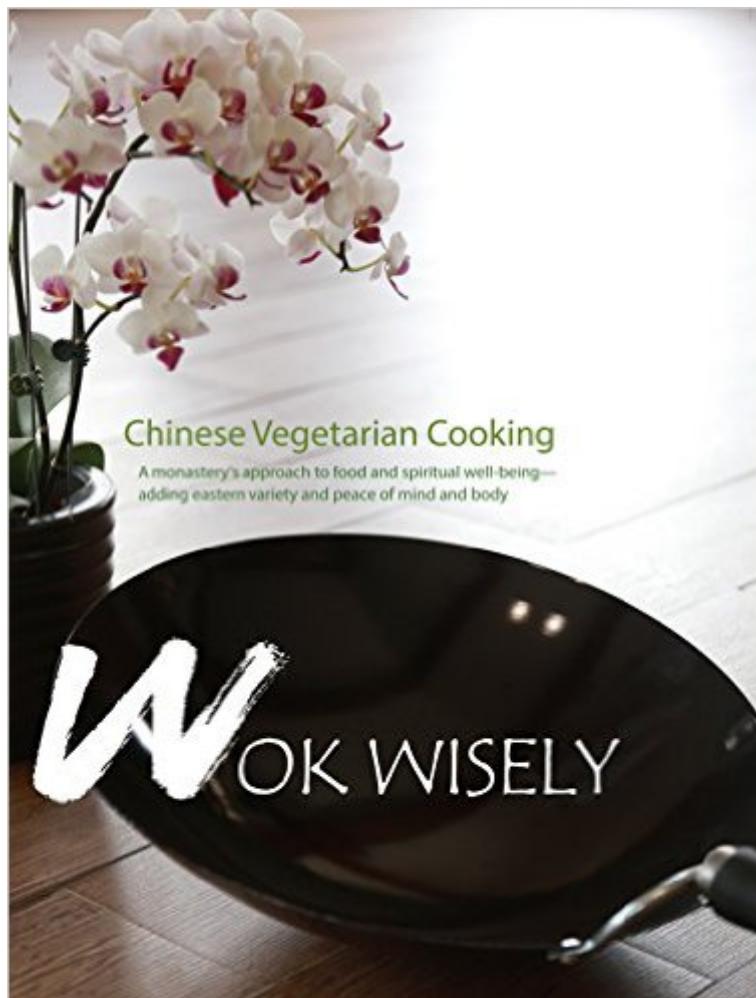


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# Wok Wisely: Chinese Vegetarian Cooking



## **Synopsis**

Not just a cookbook, but a way of life for your body, mind and spirit, *Wok Wisely, Chinese Vegetarian Cooking*, presents not only a collection of nourishing, flavorful recipes, but information on how to keep the body in balance. Originally assembled by the Dharma Realm Cookbook Team in Chinese for a Buddhist monastery, this English version was done under the guidance of American Buddhist nun, Jin Rou Shi. In addition to recipes and tips on keeping the body in balance, the book contains nutrition facts from both Chinese classics and contemporary Western sources, guidelines for vegetarian children, quotes by about vegetarianism from the likes of actress Alicia Silverstone, physicist Albert Einstein, scientist Charles Darwin, poet George Bernard Shaw, and Buddhist masters, among others. The book also covers how to maintain a safe home through the use of natural cleaning products.

## **Book Information**

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## **Customer Reviews**

Wow. This is not just an ordinary cookbook -- *Wok Wisely* imbues the profound depth of centuries of Chinese philosophy and cooking with the contemporary American kitchen, making it very insightful and a work of literature on its own. That being said, for those who are looking to cook exquisite vegetarian Chinese food - for flavors that are light yet delicious, without the grease and overwhelming heaviness of meat - this is THE book to get. The authors are all clearly very experienced in multiple forms of vegetarian cooking - it's not just some slapdash of recipes hastily put together by random publishers to try to make money - this book is truly well thought out, in a

way that reflects years of practice. (Even the paper quality is nice - the pages are glossy print, not cheap newsprint.) Recipes are written simply enough for amateur cooks to follow, and each recipe is accompanied by a gorgeous full-color photo. A brief intro delves into broader vegetarian topics, like nutrition, basics of cooking methods, where to get Asian ingredients, and so forth. Anyhow, I strongly recommend this book for anyone who eats food!PS: As the New York Times "Food Matters" writes in 2015 about a trip to a Buddhist temple to try the food: "I had no idea what to expect; some of my previous encounters with monastic repasts had involved watery bean soups and yams boiled to the very brink of solidity. When it comes to food, a monastery can sound like the sort of place where flavor is an afterthought and beauty a mere distraction. But... lunch left me humbled and exhilarated. Here were compositions on the plate that were so elegant they couldÃ¢Â™ve been slipped into a tasting menu at Benu or Blanca and no one would have batted an eyelash. Here were flavors so assertive they seemed to leave vapor trails on the tongue. Somehow, all of it was vegan... temple cuisine is made without meat, fish, dairy or even garlic or onions (which are believed to arouse the libido), and tasting it for the first time convinced me that vegan and vegetarian chefs in the West needed to board immediate flights...for a crash course in plant-based virtuosity."

This book has a lot of interesting information on things like genetic engineering and what types of foods to eat during the summer or winter based on the five elements of traditional Chinese medicine. The book is beautifully designed and the directions are easy to follow. The recipes are simple to make and very tasty. The only drawback to this collection of recipes is that some of the ingredients are not readily available in small towns that donÃ¢Â™t have an Asian market. I need to go to a market an hour's drive away to get my ingredients.

What a wonderful cook book with beautiful photography. The recipes are easy to read and follow for anyone. Can't wait to start using mine! The team that wrote this book is superb!

I'm not a big fan of macaroni and cheese, so the first recipe I tried was the Macaroni with Tomato Sauce, Chinese Style, and it was good. The bit of soy sauce took away that gummy, heavy taste of regular mac/cheese, gave it a bit of a zest, and let the tomatoes and mushrooms stand out. Simple to fix, too. What more could you ask for? Can't wait to try other recipes!

Simple and easy to follow instructions, beautiful pictures and healthy cooking guides. Not just a

cook book but also a way of life as it is written by a buddhist nun. A must have book for anyone who wants to learn healthy vegetarian cooking.

Great cookbook! You learn about the compassionate side of being a vegetarian. Very informative.

Loved reading about why certain foods are used. A great cookbook

Love it. Go vegetarian and help save the planet!

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