

The Wisdom Of The Chinese Kitchen

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Combining traditional Taoist health principles with cutting-edge scientific knowledge, THE ANCIENT WISDOM OF THE CHINESE TONIC HERBS will help you develop a regimen that is natural and inexpensive, and vital to your physical and emotional well-being.

The Wisdom of the Chinese Kitchen is a treasure, sure to become a classic reference in any well-equipped kitchen. The Wisdom of the Chinese Kitchen is the culmination of 4 years of painstaking research into my Cantonese culinary heritage. In heeding my Grandfather’s advice to never forget my Chinese heritage, I hope to have honored my ancestors and family with a cookbook of our recipes and culinary lore.