

Cooking According to Chinese Medicine and Culture

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1. Balance of Flavors: Chinese cuisine emphasizes the balance of five flavors: sweet, sour, bitter, spicy, and salty. Each flavor corresponds to a specific organ and element in Chinese medicine.
2. Yin and Yang: Foods are categorized as having yin (cooling) or yang (warming) properties. Balancing yin and yang in meals is crucial for maintaining health.
3. Seasonal Eating: Adjust your diet according to the seasons to maintain harmony with nature. For example, eat cooling foods in summer and warming foods in winter.
4. Cooking Methods: Steaming and boiling are preferred as they preserve nutrients and are considered gentler on the digestive system. Stir-frying is quick and retains the food's qi (vital energy).
5. Medicinal Ingredients: Many common ingredients in Chinese cooking have medicinal properties. For example, ginger aids digestion, while garlic boosts the immune system.
6. Congee: A staple in Chinese medicinal cooking, congee (rice porridge) is easily digestible and can be customized with various ingredients for specific health benefits.
7. Herbal Soups: Slow-cooked soups with herbs and meat are believed to nourish and heal the body.
8. Tea Culture: Different teas are consumed for their specific health benefits and to aid digestion after meals.

Remember, always consult with a qualified practitioner of Chinese medicine before making significant changes to your diet for health reasons.