



Blood Related Recipes

Blood Deficiency

Fried Spinach

2 lb fresh spinach or 3/4 lb frozen leaf spinach
1 Tbsp linseed oil
1 Tbsp soy sauce
1 tsp salt

Wash the spinach thoroughly and drain off excess water, or defrost the frozen spinach. Heat the oil in a large sauce pan, add the leaf spinach and fry over fierce heat for 1 minute, stirring all the time, until the spinach softens. Add the salt and soy sauce, mix well and cook gently for another minute.

Beef and Vegetable Stir-Fry

8 oz rump (round) or sirloin steak
4 oz cellophane noodles, soaked for 20 minutes in hot water to cover
4 Chinese dried mushrooms, soaked for 30 minutes in warm water
1-1/2 tbsp sunflower oil
2 eggs, separated
1 carrot, cut into matchsticks
1 onion, sliced
2 zucchini, cut into sticks
1/2 red bell pepper, seeded and cut into strips
4 button (white) mushrooms, sliced
3 oz (1 cup) bean sprouts
1 tbsp light soy sauce
Salt
Ground pepper
Sliced green onions
Sesame seeds

1. Put the steak in the freezer until it is firm enough to cut into thin slices and then into 2 in strips
2. Mix the ingredients for the marinade in a shallow dish. Stir in the steak strips. Drain the noodles and cook them in boiling water for 5 minutes. Drain again, then snip into short lengths. Drain the soaked mushrooms, cut off and discard the stems; slice the caps.
3. Heat 2 tsp oil in a small frying pan. Beat the egg yolks and pour into the pan. When set, slide on to a plate. Cook the egg whites until set. Cut both yolks and whites into diamond shapes and set aside for the garnish.
4. Remove the beef strips from the marinade. Heat the remaining oil in a wok or large frying pan and stir-fry the beef until it changes color. Add the carrot matchsticks and the onion and stir-fry for 2 minutes, then add the other vegetables, tossing them over the heat until they are just cooked but still retaining their bite.
5. Add the noodles and season with soy sauce, salt and pepper. Cook for 1 minute. Serve, garnished with egg, green onions and sesame seeds.

Blood Stasis

Mexican Salsa

1 medium tomato, diced
1 clove garlic, pressed
3 green chilies, minced
2-3 green onions, chopped
6 springs coriander or cilantro leaves, finely chopped
juice of 1 lime, freshly squeezed
sea salt to taste
1/4 cup water
Mix together and serve.

Squid & Broccoli Stir-Fry

250 g / 9oz squid* (or calamari), cleaned and skin removed
1 head broccoli*, cut off the end woody stem, peel off the tough outer skin, thinly slice the stem and cut the head into small bite size florets
1 garlic clove, thinly sliced
2 red chilies, finely sliced
2 tablespoons extra virgin olive oil
1/2 tablespoon corn starch, dissolved in 1 1/2 tablespoons of water
1 teaspoon of corn starch

Sauce

1/2 tablespoon of oyster sauce
1/3 teaspoon of salt
2 tablespoons of Chinese or Japanese cooking wine
2 tablespoons of water

1. Cut the squid down the centre and open it flat. Score the inner side into a shallow criss-cross pattern with the tip of a small sharp knife. Separate the tentacles. Cut scored squid into 1-1/2 in x 3/4 in pieces.
 2. Bring water to a boil. Add the squid to the boiling water and gently boil for 1 minutes until coil and the criss-cross pattern open out. Drain and let it cool. Mix corn starch with the squid and set aside.
 3. Bring 1inch of water to a boil in a large saucepan. Place broccoli in a steamer basket over boiling water, cover and steam for 3 to 4 minutes until tough-tender. Remove broccoli from the pan and set aside.
 4. Heat the oil in a hot wok (or large frying pan) until the surface seems to shimmer slightly. Add garlic and chilies to the oil and stir-fry over medium heat for 30 seconds. Toss in squid and broccoli and stir-fry for 1-2 minutes until the oil is absorbed. Add sauce, mix well and stir to combine. Lastly, add dissolved corn starch and stir to coat evenly.
 5. Serve immediately. Serve with rice as a meal for 3-4
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Broccoli with Oyster Sauce Stir-Fry

2 heads broccoli*, cut off the end woody stems, peel off the tough outer skin, thinly slice the stems and cut the head into small bite size florets
1 spring onion, finely slice
1 thumb-size piece of fresh ginger, peeled and cut into julienne (long, thin strips)
1 tablespoon extra virgin olive oil
2 teaspoons corn flour, dissolve in equal amount of water

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Sauce

1/2 cup chicken stock
1 1/2 tablespoons oyster sauce
1/2 tablespoon Chinese or Japanese cooking wine
1/2 teaspoon salt reduced soy sauce
1/2 teaspoon raw sugar
pinch of pepper

1. Bring 1 inch of water to a boil in a large saucepan. Place broccoli in a steamer basket over boiling water, cover and steam for 3 to 4 minutes until tough-tender. Remove broccoli from the pan and set aside.
2. Heat a wok (or frying pan) with the oil and swirl to coat the wok. When the surface seems to shimmer slightly add spring onion, ginger and stir-fry briefly. Add the sauce and broccoli and stir to combine. When the sauce starts to simmer add dissolved corn flour in a circular motion and stir quickly to evenly coat the broccoli. Serve immediately. serve as a side dish at a meal for 4

Braised Tofu with Walnuts and Baby Sardines

0.7oz stir-fried walnuts and baby sardines*
11oz organic tofu*, drain off any excess liquid and slice into 8 cubes
1 garlic clove finely sliced
1 tablespoon extra virgin olive oil

Sauce

2 tablespoons salt reduced soy sauce
1/2 teaspoon raw sugar
1/2 tablespoon vinegar
2 tablespoons water

1. Heat a wok (or frying pan) with the oil and swirl to coat the wok. When the surface seems to shimmer slightly slide the tofu into the wok. Carefully stir-fry the tofu over medium heat for 1 minute and try to keep the cubes in shape. Place sauce, walnuts and baby sardines in the wok and bring to the boil. Reduce heat, cover and simmer for 8 minutes.
2. Remove lid, turn on high heat and stir for 1-2 minute until sauce is reduced and the tofu cubes are coated evenly. Add garlic and stir briefly.
3. Spoon into a shallow bowl and serve. Serve with rice as a meal for 2.

Walnuts & Baby Sardines Stir-Fry

1.4oz organic walnut
3.5oz dried salted baby sardines*
2 tablespoons Chinese or Japanese cooking wine
3 tablespoons extra virgin olive oil

1. Place walnuts in a baking tray and toast in a 325-degree F. for 15-20 minutes or until you can smell them. Remove and allow to cool.
 2. Heat oil in a hot wok (or frying pan), swirl the oil to coat the wok and stir-fry baby sardines over a medium heat for about 1 to 2 minutes until oil is absorbed. Pour in cooking wine and stir-fry until liquid evaporates.
 3. Add 1 into wok and stir-fry to combine for about 1 minute until fragrant. Serve. serve as a side dish to accompany a meal
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Beef & Asparagus with Oyster Sauce Stir-Fry

4oz organic beef rump stake, trim off fat and cut into 0.1 in slices*
10 organic green asparagus spears (6.4oz), trim off ends* and cut into 1 inch length
1 1/3 tablespoons corn flour
3 tablespoons extra virgin olive oil

Marinade

1/4 teaspoon salt
1 tablespoon Chinese or Japanese cooking wine
1/4 teaspoon baking powder 1 teaspoon water
freshly ground pepper

Sauce

1 tablespoon oyster sauce
1 tablespoon soy sauce
1/2 tablespoon Chinese or Japanese cooking wine
1 1/2 teaspoons raw sugar
1 tablespoon water
1 teaspoon corn flour
freshly ground pepper

1. Combine beef with marinade ingredients in a bowl then add corn flour and 1 tablespoon extra virgin olive oil; mix well, cover and leave in refrigerator for at least 30 minutes.
2. Bring water to a boil. Fill a bowl with water and add ice. Add asparagus to the boiling water and blanch for 2-3 minutes until tender-crisp. Transfer to the bowl of ice water to cool, then drain well and set aside.
3. Heat 2 tablespoons extra virgin olive oil in a hot wok (or large frying pan) until the surface seems to shimmer slightly. Stir-fry beef for about 4 minutes until just cooked through. Add the asparagus and sauce and stir-fry until thoroughly combine. Arrange on a plate and serve.

4. Serve with rice as a meal for 3-4

* Semi frozen the beef may help thinly slice easier.
* Try to bend an asparagus spear at the rare half end until it snaps.

Squid, Tofu, Asparagus and Anchovies Stir-Fry

3.5oz squid (or calamari), cleaned and skin removed
1 block pressed tofu, cut into 0.2in slices
1/2 bunch organic green asparagus spears, remove ends* and slice into 0.8in lengths on the diagonal
4 anchovy fillets, tear into pieces with hand
1 big clove of garlic, thinly sliced
1 1/2 tablespoons extra virgin olive oil
2 tablespoons white wine vinegar
1/2 tablespoon water
small pinch salt
small pinch ground pepper

1. Cut the squid down the center and open it flat. Score the inner side into a shallow diamond pattern with the tip of a small sharp knife. Separate the tentacles. Cut scored squid into 1-1/2 in x 3/4 in pieces.
2. Bring water to the boil. Fill a bowl with water and add ice. Add the asparagus to the boiling water and blanch for 2-3 minutes until tender-crisp. Transfer to the bowl of ice water to cool, then drain well and set aside.

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3. Heat the oil in a hot wok (or large frying pan) and stir-fry garlic and anchovy pieces for 1 minute. Quickly add the squid and stir-fry for 3 minutes it coil. Add the tofu, the asparagus and salt and stir-fry for 1 minute. Pour in vinegar and water and stir constantly to combine for 1 minute.

4. Arrange on a plate, sprinkle with pepper and serve immediately.

Serve with rice as a meal for 2

* Remove the ends of asparagus spears by bending them and snapping where it clicks naturally.