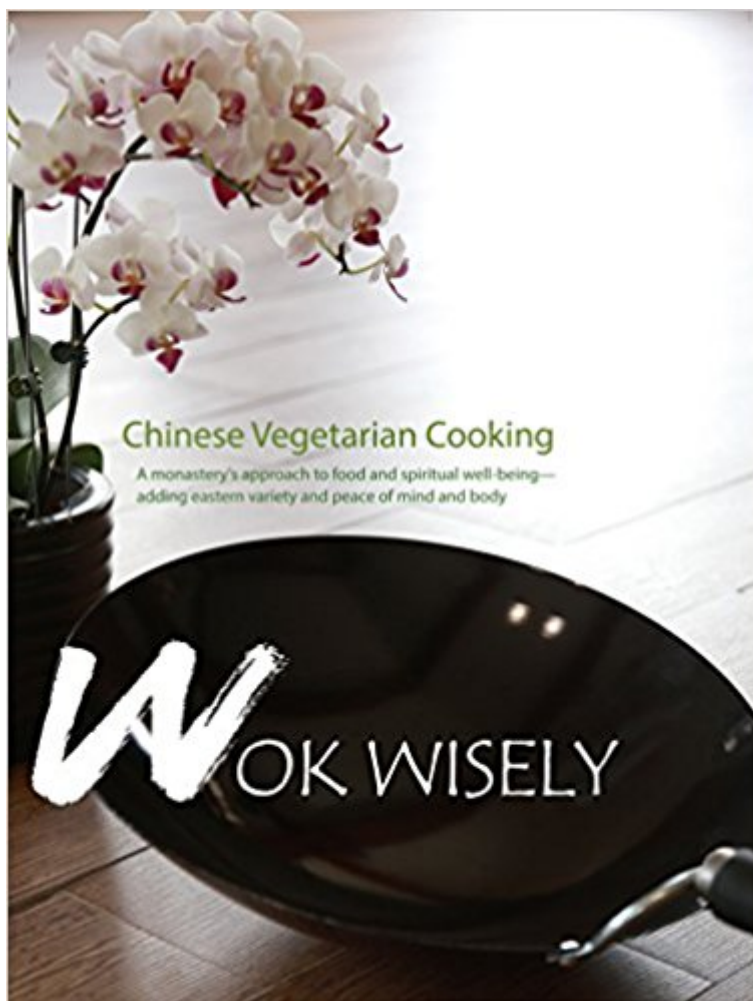




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# Wok Wisely: Chinese Vegetarian Cooking



## 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

Perfect Paperback: 200 pages

Publisher: Buddhist Text Translation Society; 1st edition (June 25, 2015)

Language: English

ISBN-10: 1601030754

ISBN-13: 978-1601030757

Package Dimensions: 10.9 x 8.4 x 0.6 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 15 customer reviews

Best Sellers Rank: #342,355 in Books (See Top 100 in Books) #48 in [Books > Cookbooks, Food & Wine > Asian Cooking > Wok Cookery](#) #100 in [Books > Cookbooks, Food & Wine > Asian Cooking > Chinese](#) #221 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters](#)

## Customer Reviews

A Buddhist monastery has taken the you are what you eat adage one step further by suggesting that inner peace starts with what you put in your mouth. Looking for a recipe for Wishing-You-Well Soybean Sprouts with Licorice-Flavored Water? You should be. In Buddhism, food is known as medicine, according to the thought-provoking *Wok Wisely: Chinese Vegetarian Cooking, A Monastery's Approach to Food and Spiritual Well-Being*. The Dharma Realm Cookbook Team of Taiwan's inspiring collection of fifty-six recipes not only showcases the best in healthy Chinese vegetarian cooking, but the dishes within it can also nourish the mind, body, and spirit as well as

positively impact the world at large. Animals have a place at the table, the authors hold, not on the table, agreeing with novelist Alice Walker, who once said, To eat a creature who is raised to be eaten, and who never has the chance to be a real being, is unhealthy. You're eating a bitter life. They also caution that the Buddha believed pungent plants adversely affect consciousness, so you won't find garlic, onion, or leeks in any of their meals. Each recipe, whether side dish, main dish, noodle, or soup, is broken down into an ingredients list, directions, variations, tips, and cautions (where applicable). Each recipe is clearly outlined and blissfully simple, requiring only a handful of ingredients. There are dishes to expand your experience with Asian cooking, like Bitter Melon with Preserved Turnip Tops, and there are also variations on well-known classics such as Hot and Sour Chinese Soup and Wild String Beans with Toasted Black Sesame Seeds. A series of essays sprinkled among the recipes reinforces the collection's emphasis on mindful eating, covering topics like safe household cleaners, and the difference between killing animals and killing plants. The recipes are also preceded by a chapter on vegetarian health issues and excerpts on eating appropriate to the season, raising vegetarian children, and foods like broths and sprouts that you can prepare in advance. Wok Wisely is not your average cookbook; it's a wellness guide for supporting health and protecting life. --Amanda McCorquodale, Foreword Reviews, August 27, 2015

Jin Rou Shi is an American bikshuni in the orthodox Chinese Mahayana tradition and a long time teacher at Instilling Virtue Elementary School on the monastery grounds of the City of Ten Thousand Buddhas. She is a 20 plus year disciple of the late Tripitaka Master Hsuan Hua of Manchuria, China and author of the illustrated children's book Under the Bodhi Tree.

As others have said this book is more about the philosophy of eating vs good recipe suggestions.

good book

This is a really nice Chinese Vegetarian cookbook with an emphasis on health and compassion. Inside there are articles introducing seasonal food choices and considering all sentient beings when making food choices.

Excellent, not just a cook book, it also talks about the vegetarian cooking Philosophy and the Buddhism which are what I would like for my friend whom I bought this for.

Love it. Go vegetarian and help save the planet!

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

Nice recipe book

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!

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