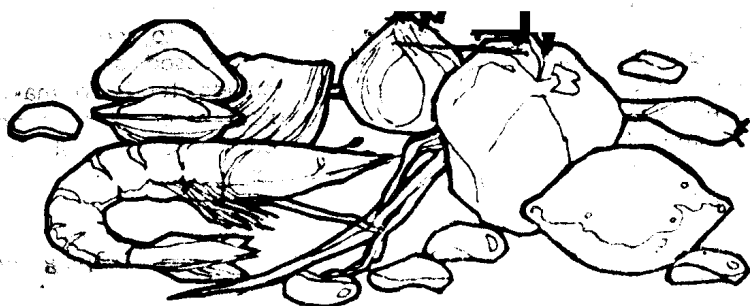
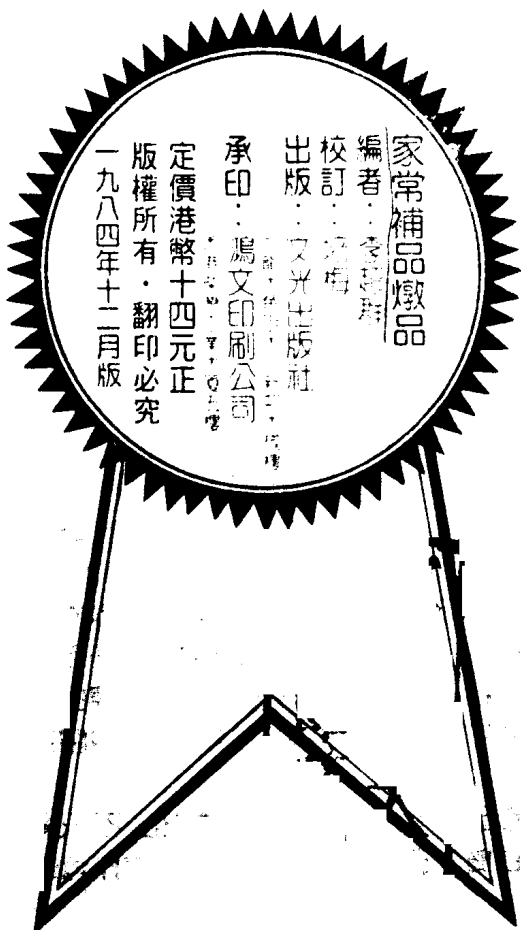


家常補品燉品

CHINESE FOOD FOR VIGOROUS BEAUTIFUL

滋補強身 美容健體

寓補療於家常美食



出版說明

中國菜向來就是中華民族數千年來生活的經驗與智慧的結晶，——顯現了廣土衆民不同的體質、風土和習俗。世界其他民族亦極爲推崇中國菜，認爲它是生活中最普遍、最親切的一門藝術。

無可否認的，中藥菜更是中華民族一項獨特的發現。自從神農氏遍嚐百草，以至本草學（中藥藥物學）的集纂而成，這個世代相傳不絕的歷程成就了文化歷史一個豐富的領域。這是人與自然草木極其微妙的和諧關係。——它並且在中醫藥學的認識和觀點下，被引進生活的食用習俗中，真正多爲我們帶來健康與幸福。

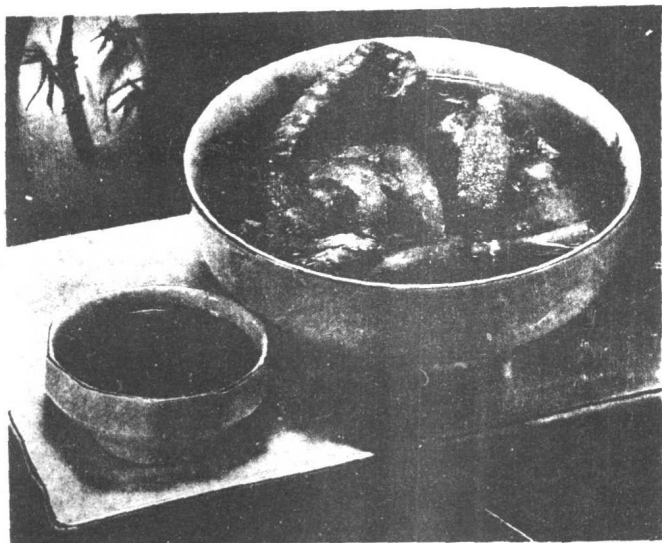
這本「食補」確實是希望能在享用美味，以及講求實際效果之餘，又能達到保健和治病，亦即養生的目的。基於這個目的，它不是呈現出來的，並不是樣式繁多的珍奇大饗，卻是以中國菜爲基礎，將日常能夠隨手烹調的具有藥效的中藥，精妙的、合乎情理的、以經濟的原則調配在一起，讓我們在餐桌上與至親、好友共享中國菜和中藥菜的榮耀。

我們希望這本精緻美觀的「食補」不只擺列在書櫥中，更希望它擺陳在調理台上，供給各位作有價值的應用。

Preface to the Publication

This medical ~~book~~ ^{cookbook} is certainly hoping people can share the delicate ~~food~~ ^{flavor}, practical effects and lead the way of strengthening ~~body~~ ^{body} and curing diseases to the purpose of regimen. For the above reason, it is based on chinese dishes, not rare delicacies but easy-cooking food, to make those cuisines which is with fully medical effects any time in common life, also matched with economic principle so that we can really share the successful honor with our relatives & friends in the setting table.

We sincerely hope this exquisite medical cookbook will be worth while using in your life not only keeping in bookshelves.



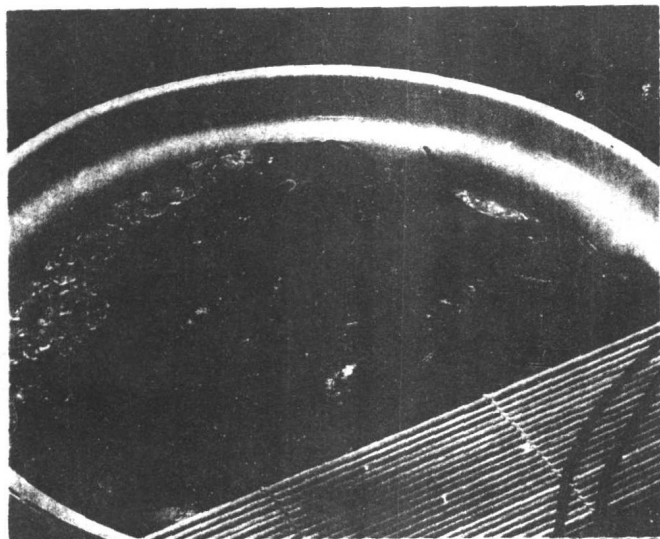
玉竹鷄

主治功效：潤五臟

YU-CHU CHICKEN

Main effects : Smoothen five organs

作法 Directions : page 2



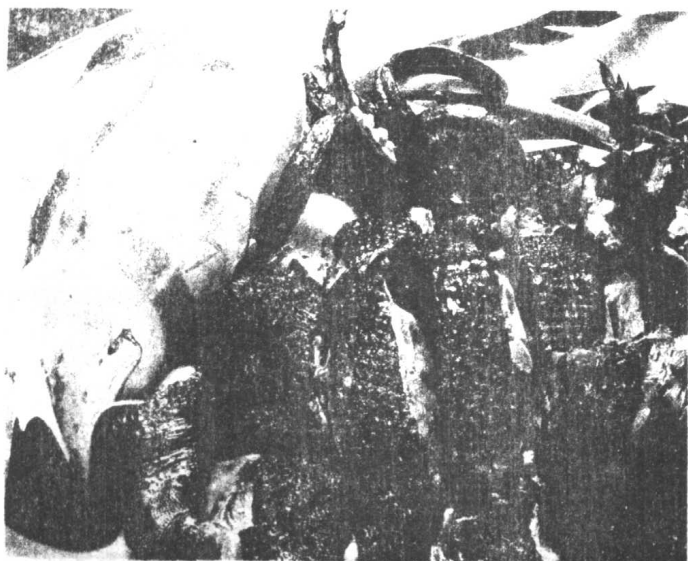
人蔘蒸鷄

主治功效：肺癆

STEAMED CHICKEN W/I GINSENG

Main effects : Nourish body; cure phthisis

作法 Directions : page 3



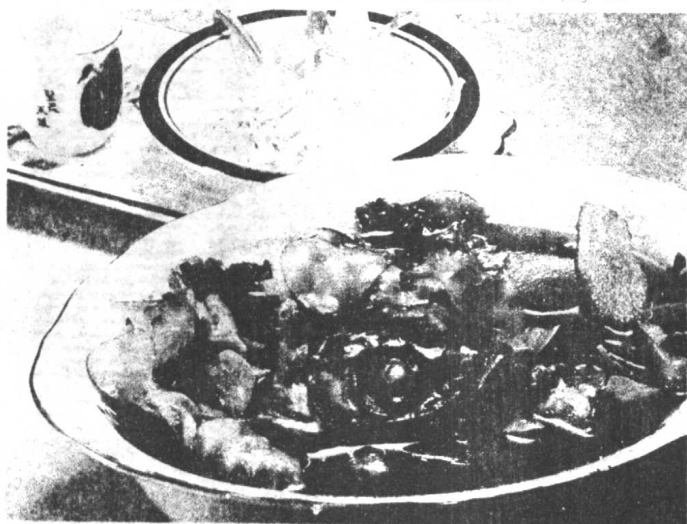
樟茶鴨

主治功效：益陰

CAMPHOR AND TEA DUCK

Main effects : Nourish private parts

作 法 Directions : page 10



川芎白芷燉 魚頭

主治功效：專補神經衰弱

CUIDIUM OFFICIALE AND ANGELICA W/I STEWED FISH HEAD

Main effects : nourish neurasthenia

作 法 Directions : page 15



全方甲魚

主治功效：大補精血

THOROUGHLY TONIC GREEN TURTLE

Main effects : Nourish blood

作 法 Direction : page 34



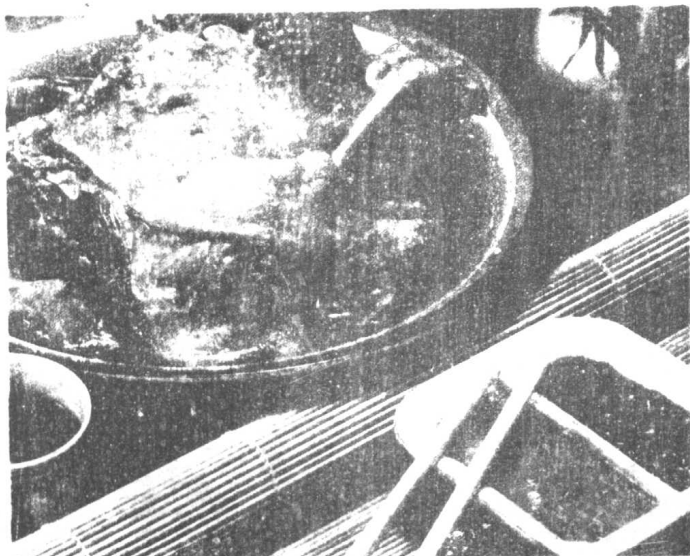
烏鷄大補王

主治功效：全身性食補

KING OF TONIC SILKY FOWL

Main effects : Nourish whole body

作 法 Direction : page 37



冬蟲草鴨

主治功效：專治肺腎

TUNG-CH'UNG-TS'AO DUCK

Main effects : Nourish lung, kidneys

作法 Directions : page 40



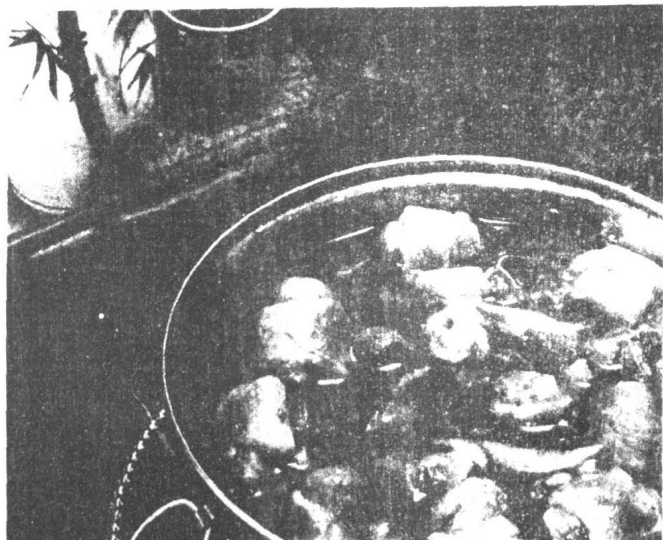
薑汁青蟹

主治功效：疲乏

GINGER SAUCE W/ GREEN CRABS

Main effects : Cure fatigue

作法 Directions : page 42



蕃茄牛鞭湯

主治功效：補腎氣

TOMATO W/I BEEF PANIS

Main effects : Nourish kidneys

作法 Directions : page 49



黑豆牛骨髓

主治功效：潤澤整體大腸育髓

BLACK BEAN W/I MARROW

Main effects : Strengthen nervous cells

作法 Directions : page 49



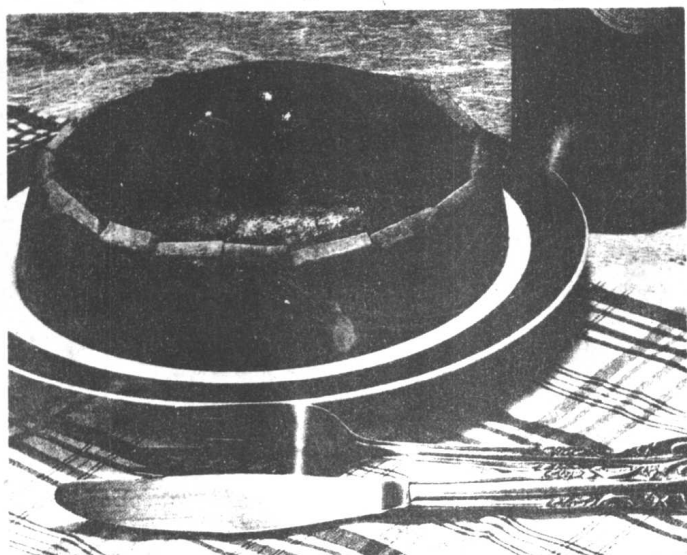
豬腰杜仲湯

主治功效：高血壓

PORK KIDNEYS ENCOMMIAE ULMOIDE SOUP

Main effects : Cure hypertension

作 法 Directions : page 60



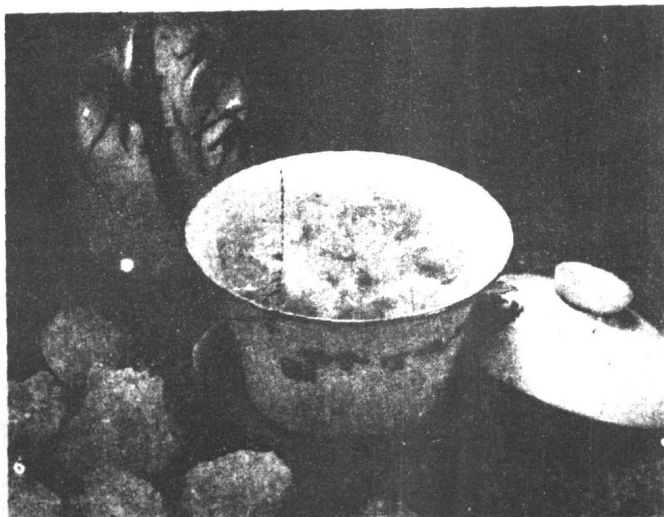
紅豆糕

主治功效：潤膚、養顏

RED BEAN CAKE

Main effects : Refreshen skin; beauty.

作 法 Directions : page 64



冰糖銀耳

主治功效：滋養強壯

ROCK SUGAR AND WHITE WOOD EARS

Main effects : Strength

作 法 Directions : page 65



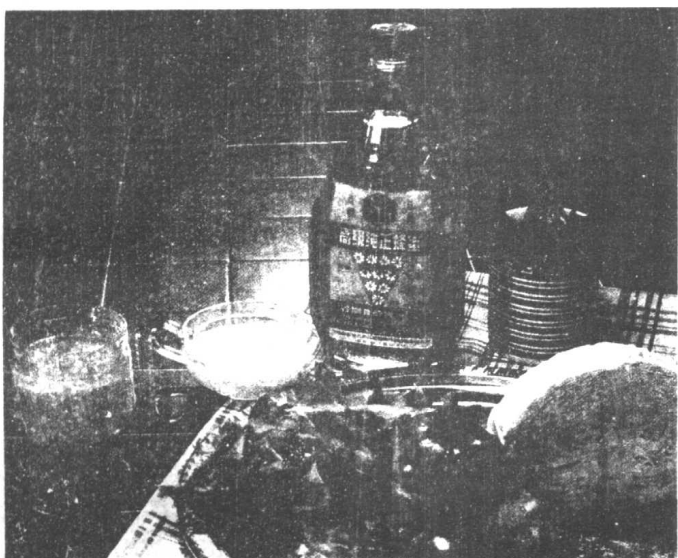
蓮子羹

主治功效：健脾胃，益肌膚

LOTUS NUTS SOUP

Main effects : Strengthen stomach; freshen skin

作 法 Directions : page 71



果菜汁

主治功效：強化肝機能

MIXED VEGETABLE & FRUIT JUICE

Main effects : strengthen the function of liver

作法 Direction : page 82



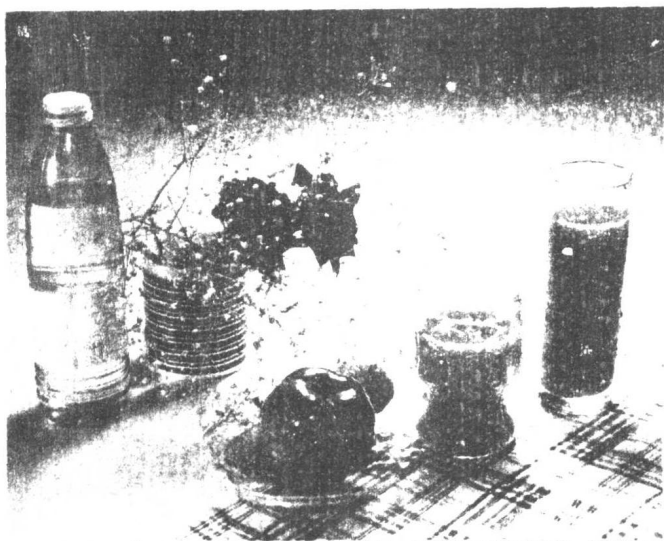
蓮藕萍果汁

主治功效：鎮喘止咳
並治療喉嚨痛

THE MIXED JUICE OF LOTUS ROOT W/I APPLE

Main effects : treat cough & throatache

-14- 作法 Directions : page 89



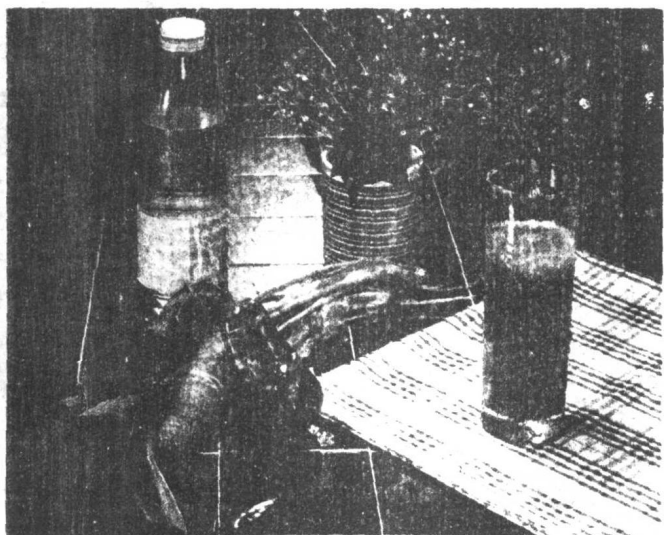
生薑混合汁

主治功效：增強血液的循環

MIXTURE OF RAW GINGER JUICE

Main effects increase blood cycle

作法 Directions page 92



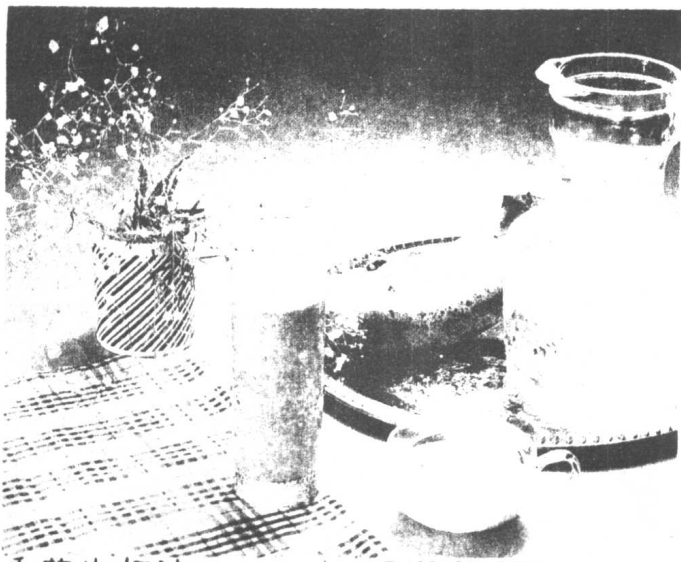
青辣椒綜合汁

主治功效：強化皮膚、指甲

GREEN PEPPER JUICE

Main effects : strengthen skin & nail

作法 : Direction page 98



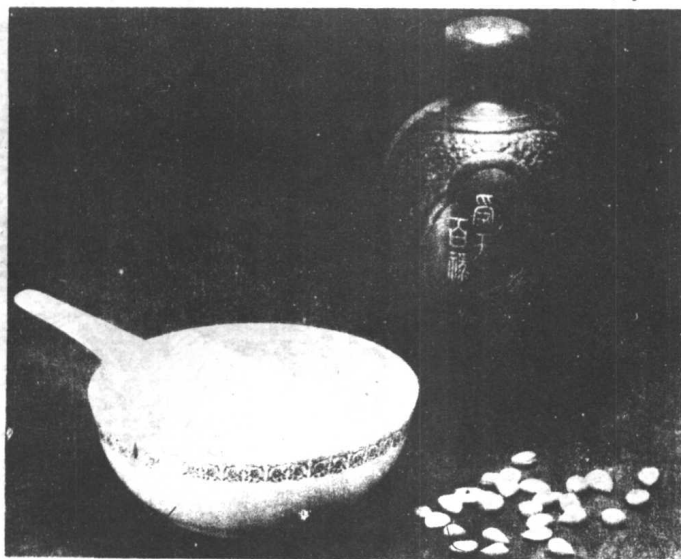
香蕉牛奶汁

主治功效：減肥

BANANA MILK

Main effects : reduce the weight

作 法 Directions : page 102



杏仁茶

ALMOND TEA

作 法 Directions : page 105

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