



Flower Foods (Diet Therapy of Flowers) (Chinese Edition)

Hu Xianguo, Huang Chenghan, Wang Juan



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This book describes the edible methods of more than sixty kinds of common flowers, such as: cooking soup and porridge, making wine and tea, braising, frying, stewing, and steaming. The various cooking ways are all concise and easy to learn. The rich variety of foods are appetising. The taste and efficacy of each of the ingredients are introduced one by one, aiming to help readers use suitable materials according to their symptoms. It also makes a brief introduction of some common knowledges of the flowers in aspects such as botany, pharmacy and culture. Explaining profound theories with simple languages, it provides readers with a good knowledge.



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