



Asian Herbal Soups and One-Pot Meals

Terry Tan

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Asian Herbal Stews & One-Pot Meals brings the rich and life-enhancing legacy of Chinese herbs to your table in the form of soups, stews, one-pot meals, teas and desserts. Prized for thousands of years by the Chinese for their health-giving properties, these natural ingredients are at the centre of growing interest and research around the world today.

With more than 100 recipes written with contemporary tastes and lifestyles in mind, this book is an indispensable guide to serving up nourishing herbal meals for the whole family.

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