



# Wok Wisely: Chinese Vegetarian Cooking

*Dharma Realm Cookbook Team*

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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.

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#### **Bettina Cutler:**

Playing with family inside a park, coming to see the ocean world or hanging out with close friends is thing that usually you have done when you have spare time, then why you don't try point that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Wok Wisely: Chinese Vegetarian Cooking, you could enjoy both. It is fine combination right, you still would like to miss it? What kind of hang type is it? Oh seriously its mind hangout fellas. What? Still don't understand it, oh come on its referred to as reading friends.

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