

ASIAN VEGETABLE AND HERB Guide

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Amaranth *Amaranthus tricolor*

English Chinese spinach, white amaranth
Chinese am choy
Bahasa sayur
Thai phak thong suan
Greek white (green variety)

A mild tasting annual plant, the most common variety having red centred leaves. (There is also a smaller leaved green variety available in summer). It is widely available and cooked in much the same way as spinach. Both its leaves and stalks can be stir-fried. It can also be blanched and seasoned with salt, olive oil and lemon juice as a cooked salad.



Asian Basil *Ocimum basilicum*

English Thai basil, sweet basil
Chinese leung tai
Bahasa selasih
Thai horapa

This is a tropical variety of sweet basil and is recognisable by its purple stems and flower spikes and distinct aniseed perfume. It grows prominently in Thai curries and seafood stir-fries, and is added to Vietnamese salads and soups, particularly pho.



Bitter Melon *Momordica charantia*

English bitter melon
Chinese bitter melon
Bahasa leung tai
Thai kham

This pale green vegetable covered in warts is eaten when firm and not fully ripe. It is favoured throughout Asia for its body-cooling properties. It is sliced or blanched to remove some of its bitterness and stir-fried or braised with meat. It can be stuffed with pork and served in broth, curried, pickled or baked. Southern Indians salt and dry it. The tender leaves and stems of this vine can be cooked in soup or stir-fried.



Ceylon Spinach *Sesuvia portulacastrum*

English malabar spinach, slippery vegetable
Chinese sam choy
Bahasa emayang
Thai phak phung

A tropical vine that can reach a height of 10 metres. Only the leaves and young stems are eaten; they are used in salads, steamed and cooked in soups, in much the same way as spinach. It has a mucilaginous texture like okra, hence its name slippery vegetable.



Chinese Broccoli *Brassica chinensis var. arborescens*

English Chinese kale, white flowering broccoli
Chinese gai lan
Thai pak kuan

One of the most common Asian vegetables, it is cultivated for its young flowering stems and young leaves. Usually buy and use while the flower heads are tightly closed. It is most commonly blanched or stir-fried. It is delicious served with oyster sauce.



Chinese Cabbage *Brassica rapa var. pekinensis*

English Peking cabbage, Napa cabbage
Chinese wong ngai tsau
Japanese tsukinai
Thai phak heung tung

Pale green and elongated in shape, this can be used in all the same ways as regular cabbage but it has a milder and sweeter flavour. It can be used raw in coleslaws and shredded for use in soups and stir-fries. The large leaves can also be blanched and stuffed with meat or other fillings.



Chinese Flowering Cabbage *Brassica rapa var. parachinensis*

English Chinese flowering cabbage
Chinese choy sum
Thai pak heung tung

This is the most common of Asian greens. It is sold in bunches with smooth bright green stems and elongated leaves, with clusters of yellow flowers. It needs only brief cooking to wilt the leaves and keep the stems firm but tender. Most commonly blanched and served with oyster sauce, it can also be stir-fried or sliced and added to soups.



Chinese Celery *Apium graveolens var. dulce*

English Chinese celery
Chinese lun choy
Bahasa daun selari
Thai lun choy
Arabic kharif

Darker in colour and smaller than Western celery, this plant could be mistaken for continental parsley were it not for its strong celery flavour. Its leaves and stalks can be added to meat soups or stir-fries. The leaves are also used together with parsley and meat in many Middle Eastern dishes.



Chinese Chard *Brassica rapa var. chinensis*

English Chinese white cabbage
Chinese bok choy
Thai chokkai tsing

This type of bok choy has white stems and dark green leaves just like western chard. It needs careful washing as there is often sand between the bases of the leaves. It can be blanched, stir-fried, eaten on its own or added to soups.



Shanghai Chinese Chard *Brassica rapa var. chinensis*

English Shanghai Chinese chard
Chinese Shanghai bok choy

A pale green, sweet and delicate member of the cabbage family, this is one of the most popular Chinese vegetables, especially in its young form (baby bok choy). It needs careful washing as there is often sand between the bases of the leaves. It can be blanched, stir-fried, eaten on its own or added to soups.

Asian Herbs And Vegetables

**E. N. Anderson, Paul D. Buell, Darra
Goldstein**



Asian Herbs And Vegetables:

SEAVEG 2012: High Value Vegetables in Southeast Asia: Production, Supply and Demand R. Holmer, G. Linwattana, P. Nath, J. D. H. Keatinge, 2013-01-01

Asian Vegetables: A Cook's Bible Wendy Hutton, 2024-07-09 A complete guide to purchasing and preparing Asian vegetables and plant based food products Here at last is a book by a leading food expert presenting everything you need to know about the rapidly expanding list of Asian vegetables found in supermarkets farmers markets Asian grocers and specialty gourmet stores around the globe With attractive watercolor illustrations and photos Asian Vegetables A Cook s Bible helps you to identify 139 different Asian vegetables and plant products and presents 145 authentic recipes that you can prepare at home using these delicious ingredients The 145 recipes and 139 different vegetables range from small to large dishes sauces soups and so much more such as Indian Chickpeas in Spicy Tomato Sauce Malaysian style Cabbage Stewed in Coconut Milk Blanched Water Spinach and Tofu with Spicy Peanut Sauce Sri Lankan Breadfruit Curry Stir fried Loofah with Oyster Sauce Thai Wild Pepper Leaf Parcels Chinese Garlic Chive Pancakes Fresh Tuna Baked in Konbu Seaweed Spice Indian Cauliflower And many more From sugar peas and azuki beans to fern tips hijiki seaweed jackfruit and mustard cabbage this book offers insightful background stories about the ways Asian cultures have traditionally prepared these vegetables as well as a description of their appearance nutritional content flavor selection and storage plus interesting information about their medicinal properties according to traditional folk beliefs Fresh dried fermented pickled and preserved Asian vegetables tubers herbs mushrooms and sprouts are all described in detail Asian Vegetables A Cook s Bible is a much needed reference that home cooks epicures and professional chefs alike will want to have on their shelf

The Illustrated Encyclopedia of Fruits, Vegetables, and Herbs Deborah Madison, 2017-01-26 From roots and shoots almonds to zucchini field and forest to the family table this delectable guide reveals the intriguing stories of the world s favorite food plants The Illustrated Encyclopedia of Fruits Vegetables and Herbs covers every edible plant you can imagine It invites us on a gorgeously illustrated tour through the world garden to discover the origins traditions and contemporary culture of more than 450 fruits vegetables nuts grains herbs and spices It s the explorative home cook s best friend in the kitchen an edible guide for the vegans vegetarians and omnivores alike Splashed with hundreds of appetizing images and written by top culinary and horticultural experts it also tells individual stories in an extensive directory of species which lists geographical origins botanical facts traditional uses and culinary tips for hundreds of plants provided by Amazon com

Cook's Guide to Asian Vegetables Wendy Hutton, 2012-11-20 Here at last is a book which all cooks need to know about the fast growing list of Asian vegetables found in Asian grocery stores and specialty gourmet shops With attractive watercolors and photographs A Cook s Guide to Asian Vegetables helps you identify more than 170 vegetables and vegetable products commonly used in Asian cuisine and sold world wide Categories include Beans peas pulses Cabbage and other leafy greens Fruiting vegetables Gourds and melons Herbs Mushrooms and other fungi The onion

family Preserved vegetables Seaweeds Tofu and other soy products Tubers stems and roots Any many more This Asian cookbook offers insightful tips on how cooks have used the vegetables throughout history their appearance nutritional content and flavor selection storage and preparation as well as information on traditional Asian herbal remedies and folk beliefs Fresh dried and preserved vegetables and herbs are described in this volume together with simple recipes from around Asia that demonstrate how various vegetables can be served This cookbook also features over 100 recipes to craft delicious vegetable dishes from all over Asia

Your Asian Veggie Patch Connie Cao, 2024-10-01 Grow cook and enjoy delicious Asian vegetables herbs and fruits from garden to plate wherever you live with permaculture gardener Connie Cao Your Asian Veggie Patch is a comprehensive beginner friendly guide to growing and cooking Asian vegetables herbs and fruits at home Permaculture gardener Connie Cao guides you through a curated selection of more than 40 cool season and warm season annuals and perennials from amaranth greens bok choy and daikon to loofah pandan and yuzu meaning it's easy to find produce that will thrive in your garden and climate Then make the most of your abundant harvest with 50 fresh home style recipes inspired by Connie's Chinese heritage think edamame and pickled mustard greens stir fried Shanghai rice cakes pork and chive dumplings Chinese pumpkin cakes and winter melon tea Featuring photography and illustrations both beautiful and informative Your Asian Veggie Patch has everything you need to get your garden flourishing and your mouth watering

Asian Vegetables Sara Deseran, 2001-04 This is an indispensable easy to use guide to identifying choosing and preparing Asian vegetables From amaranth to lotus root Deseran describes the exotic array of Asian produce widely available Photos

Edible Medicinal And Non-Medicinal Plants T. K. Lim, 2013-11-08 This book continues as volume 7 of a multi compendium on Edible Medicinal and Non Medicinal Plants It covers plant species with edible flowers from families Acanthaceae to Fabaceae in a tabular form and seventy five selected species from Amaryllidaceae Apocynaceae Asclepiadaceae Asparagaceae Asteraceae Balsaminaceae Begoniaceae Bignoniaceae Brassicaceae Cactaceae Calophyllaceae Caprifoliaceae Caryophyllaceae Combretaceae Convolvulaceae Costaceae Doryanthaceae and Fabaceae in detail This work will be of significant interest to scientists medical practitioners pharmacologists ethnobotanists horticulturists food nutritionists botanists agriculturists conservationists lecturers students and the general public Topics covered include taxonomy common English and vernacular names origin and distribution agroecology edible plant parts and uses botany nutritive pharmacological properties medicinal uses nonedible uses and selected references

The Chinese Medicinal Herb Farm Peg Schafer, 2011-11-23 Chinese herb garden

Edible Asian Garden Rosalind Creasy, 2015-11-24 With beautiful photography and region specific growing tips The Edible Asian Garden features delicious recipes and gardening techniques from China Japan India and Southeast Asia With plant information and practical how to author Rosalind Creasy takes us on a tour of three of her own successful Asian gardens one suitable for cool weather another for warmer weather and a stir fry garden to show the variety of vegetables that can be grown in a range of climates and for a variety of purposes In The Asian

Garden Encyclopedia Creasy gives information for 108 distinct varieties of Asian vegetables Looking for a novel ingredient to add to Friday night stir fry supper Why not grow it the Resources section offers many seed sources for Asian vegetables that are easier to plant than to find at your local market Finally in the Recipes section Creasy presents common Asian ingredients and cooking methods Featured Asian recipes include Pickled Ginger Lemon Grass Tea Carrot and Garlic Stir fry Pea Shoots with Crab Sauce Thai Chicken Soup with Pigeon Peas Vietnamese Salad Rolls Winter Squash Japanese Style Thai Red Vegetable Curry Vegetable Tempura And many more

Handbook of Drying of Vegetables and Vegetable Products

Min Zhang,Bhesh Bhandari,Zhongxiang Fang,2017-07-12 This handbook provides a comprehensive overview of the processes and technologies in drying of vegetables and vegetable products The Handbook of Drying of Vegetables and Vegetable Products discusses various technologies such as hot airflow drying freeze drying solar drying microwave drying radio frequency drying infrared radiation drying ultrasound assisted drying and smart drying The book s chapters are clustered around major themes including drying processes and technologies drying of specific vegetable products properties during vegetable drying and modeling measurements packaging changes to the properties of pigments nutrients and texture during drying process dried products storage nondestructive measurement and monitoring of moisture and morphological changes during vegetable drying novel packaging and computational fluid dynamics

The Vertical Veg Guide to Container

Gardening Mark Ridsdill Smith,2022-03-24 From the creator of the wildly popular website and Facebook group Vertical Veg comes the complete guide to growing delicious fruit vegetables herbs and salad in containers pots and more in any space from window boxes to garden yards If you long to grow your own tomatoes zucchini or strawberries but thought you didn t have enough space Mark Ridsdill Smith aka the Vertical Veg Man will show you how to make the most of walls balconies patios arches and windowsills Ridsdill Smith has spent over ten years teaching people to grow bountiful edible crops in all kinds of containers in small spaces Inside The Vertical Veg Guide to Container Gardening you ll find Mark s Eight Steps to Success How to make the most of your space How to draw up a planning calendar so you can grow throughout the year Planting projects for beginners Compost recipes and wormery guide for the more experienced gardener Troubleshoots for specific challenges of growing in small spaces How growing food at home can contribute to wellbeing sustainability and the local community With quick proven results from his own tests failures and successes Mark will show you how gardening in containers is not just a hobby but a way of creating a significant amount of delicious low cost high nutrition food Don t be confined by the space you have grow all the food you want with Mark s Vertical Veg Guide to Container Gardening

Asian

Foods Catharina Y.W. Ang,Keshun Liu,Yao-Wen Huang,1999-04-05 This comprehensive new book provides up to date information on many types of Asian prepared foods their origin preparation methods processing principles technical innovation quality factors nutritional values and market potential Written by experts who specialize in the field it includes information on Asian dietary habits and the health significance of Asian diets Asian Foods also discusses differences in

preparations and varieties among diverse Asian ethnic groups and regions cultural aspects associated with the consumption of the products and the market status or potential of more than 400 varieties of Asian foods These foods include products made from rice wheat other starchy grains soybeans meat poultry fish fruits and vegetables as well as functional foods and alcoholic beverages This timely book will be of interest to food professionals in product development dieticians interested in Asian diets and dietary habits business developers seeking market potential for Asian prepared foods and food science and human nutrition students who need supplemental information

Asian Cuisines E. N. Anderson, Paul D. Buell, Darra Goldstein, 2018-04-30 Sushi kimchi baklava and tofu once seemed exotic These Asian foods have made their way around the world But how representative are they of their home cuisines *Asian Cuisines Food Culture from East Asia to Turkey and Afghanistan* covers the food history food culture and food science of the world's largest and most diverse continent not only East Southeast and South Asia but also Central and West Asia including the countries that straddle Asia and the Middle East Contributors to *Asian Cuisines* include renowned scholars E N Anderson Paul D Buell and Darra Goldstein A glossary provides a quick overview of culinary terms specific to the cuisines Chapters discuss local ingredients and dishes and look at the connection between food and social political economic and cultural developments Each article comes with an easy to make recipe to give readers a taste of more than a dozen tantalizing and varied cuisines This compact volume will be valuable in food studies programs and fills a unique spot on the shelf of anyone who loves to explore the meanings and flavors of world cuisines

Southeast Asian Cookbook Brad Hoskinson, Experience the vibrant and diverse flavors of Southeast Asia with *Southeast Asian Cookbook* This collection of 100 authentic recipes will take you on a culinary journey through Thailand Vietnam Malaysia Indonesia the Philippines Singapore and beyond From spicy stir fries to fragrant curries and refreshing salads each dish captures the essence of Southeast Asian cuisine Inside you'll discover Authentic Regional Dishes From Thai Pad Thai and Vietnamese Pho to Indonesian Rendang and Filipino Adobo Step by Step Instructions Easy to follow recipes perfect for both beginners and experienced cooks Street Food to Home Cooking Recreate popular street food dishes and comforting homemade meals Healthy and Flavorful Options A mix of fresh bold and aromatic dishes that cater to all tastes This cookbook not have any food picture Whether you're craving the heat of a spicy curry the tang of a zesty salad or the comforting richness of coconut based dishes *Southeast Asian Cookbook* brings the irresistible flavors of the region right into your kitchen Get ready to cook taste and explore

Asia for Kids Pasquale De Marco, 2025-03-17 Asia is the largest and most populous continent on Earth home to a diverse array of cultures landscapes and histories From the towering peaks of the Himalayas to the lush jungles of Southeast Asia Asia is a continent of contrasts and wonders In this book we take young readers on a journey through Asia exploring its geography history people economy environment government culture food animals and future We learn about Asia's ancient civilizations its major empires and its role in the modern world We also explore Asia's diverse cultures religions and languages and learn about the challenges and opportunities facing the continent

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Asian Cooking Jean Paré,2002 Asian Cooking features an exotic collection of soups salads main courses side dish specialties spicy sauces fruity desserts condiments and more All influenced by the diverse cooking styles of China India Indonesia Japan Korea Malaysia Philippines Thailand and Vietnam Each recipe identifies which country it originates from as well most recipes reflect the popular stove top cooking style of the Asian culture

Prostate Cancer: A Comprehensive Perspective Ashutosh Tewari,2013-04-05 Prostate cancer is the commonest male cancer with over 5 million survivors in US alone Worldwide the problem is staggering and has attracted significant attention by media scientists and cancer experts Significant research discoveries innovations and advances in treatment of this cancer have produced voluminous literature which is difficult to synthesize and assimilate by the medical community Prostate Cancer A Comprehensive Perspective is a comprehensive and definitive source which neatly resolves this problem It covers relevant literature by leading experts in basic science molecular biology epidemiology cancer prevention cellular imaging staging treatment targeted therapeutics and innovative technologies Prostate Cancer A Comprehensive Perspective is a valuable and timely resource for urologists and oncologists

Asian Herbs and Vegetables Penny Woodward,2000-01-01 The term Asian herbs and vegetables describes a wide array of plants that are grown by Asian people and used by them in varying ways in what is loosely known as Asian cuisine The demand for Asian ingredients including herbs and vegetables has grown in the last ten years for several reasons Ethnic diversity has increased There has also been a greater emphasis on healthy foods and the desire for added variety or something new now drives many consumer choices The purpose of this book is to introduce people from Western backgrounds to some of these new herbs and vegetables and their associated panoply of new flavours textures shapes and scents This book makes it possible to identify and grow these herbs and vegetables and suggests some of the ways they can be used

The Marley Coffee Cookbook Rohan Marley,Maxcel Hardy,Rosemary Black,2017-08-15 Cookbook featuring coffee with singer Bob Marley s son sharing stories about his father

Handy Pocket Guide to Asian Vegetables Wendy Hutton,2017-10-17 Learn the essentials of Asian vegetables with this useful and portable reference book This handy vegetable guide introduces over 50 tropical vegetables commonly found in Indonesia Each item is described in detail and

local names as well as botanical names are given Culinary option tips on buying storing and preparation of vegetables and five mouth watering recipes are included Illustrated with beautiful color photographs for easy identification of each vegetable this book is a must for vegetable lovers Periplus Handy Pocket Guides are practical field guides useful for identifying various natural objects ranging from plants and animals to gemstones and seashells Each page of each title throughout the series is filled with clear precise photographs and informative text Scientific and local language names are given

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