



# **The Book of Jook: Chinese Medicinal Porridges--A Healthy Alternative to the Typical Western Breakfast**

*Bob Flaws*

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## **The Book of Jook: Chinese Medicinal Porridges--A Healthy Alternative to the Typical Western Breakfast** Bob Flaws

These Chinese medicinal porridges - called jook in Cantonese and congee or porridge in English - can be a healthy alternative to the typical Western breakfast. Cooked in a crockpot overnight and combining specific grains, vegetables, meats, eggs, or various Chinese herbs, there are medicinal porridges for every type of ailment. Included are hundreds of herbal porridge recipes for both prevention and remedial purposes. This book is great for laypersons as well as professional readers.

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