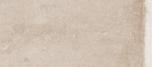


一、照秋影遊眺  
情亭虛一覽心  
正領 佳處善



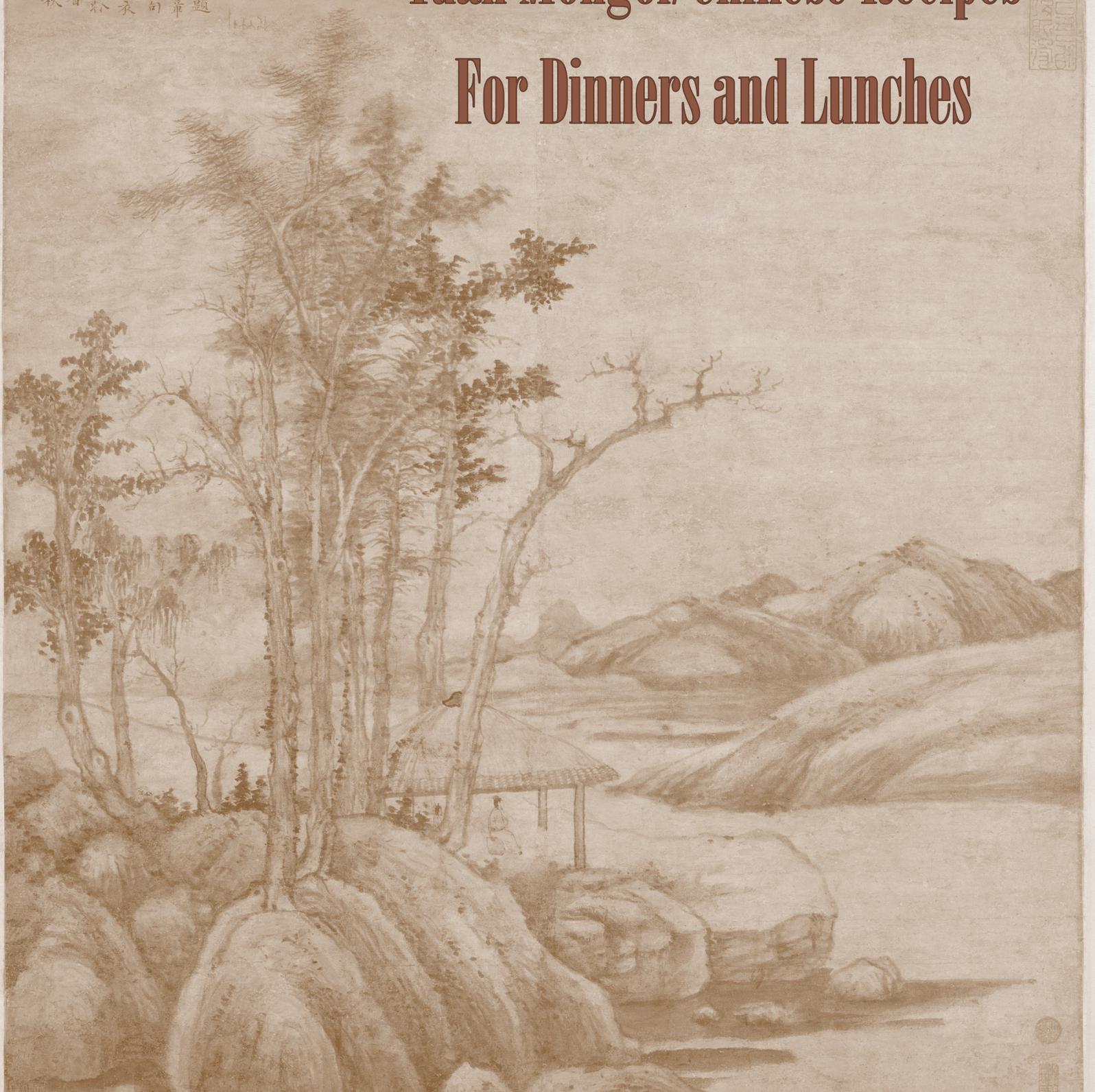
# Fields of Gold 2018

## Yuan Mongol/Chinese Recipes

### For Dinners and Lunches

丙午年歲次甲午冬二月餘欲泊甫且南渚  
陸良德自於松歸埃以相示蓋識其友  
人畫君之筆家余一時戲無與也茲今有六  
年矣余之長然如隔世也贊互題其五而樂  
十九日

余託身小山林野興甚九月中山嶺以密題  
適一月望日經鉅嶽前木犀盛開因賦一章  
今年自春徂秋無一有行與味僅賦此一長句  
于左方 啟喜秋之研席涼卷簾微露衣  
裳林扉洞戶散新興翠雨黃雲籠遠松  
竹粉回風晴蕭 杜暈承月夜蒼三秋香  
庭月添金鴨落藥仍空副枕囊已卯秋  
九月十四日雲林生倪瓚



Redacted By Lady Natal'ia Vladimirova 'doch

# Acknowledgements

My sincerest gratitude to Alec Story. Mr Story has spent many hours translating *Yún líntáng yǎnshí zhìdù jí* into English, providing an excellent transcript for redaction work. He then published his work under a Creative Commons Attribution—ShareAlike 4.0 International License. This has allowed me to include the original recipes for some redactions in this work.

I would also like to acknowledge Dr Paul Buell, a renowned scholar of medieval Asia, whose research I have followed for many years and who kindly answered my hundreds of questions. Thank you. My knowledge would be lacking without your guidance. Dr Buell's translations of both 'Se-aBu Soup' and 'Meat Cakes' are included in this work as published in *A Soup for the Qan*.

Lastly, a hardy thank you to my redaction-trial friends and to the amazing kitchen team at Fields of Gold. Without these people, this feast would have never come together.

## Image Acknowledgement

All photography of food in this recipe book were provided by the author.

Cover image is a artwork by Ni Zan. It is in the public domain and can be located as listed below:



Enjoying the Wilderness in an Autumn Grove, 1339  
Metropolitan Museum of Art

© Natalie Aked

2018

This printed and pdf file book is for the information of all the Known World. Permission to copy and print are granted on the condition that proper credit is given to the authors. Likewise, permission is granted for use of all recipes in this book with proper credit given in both practical and written works as long as they are not being sold or profit being made from their use. To reproduce this book in part or in whole or the original intellectual property within for a profit or sale, permission must be granted from the author.



This work is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License.

# Menu

## Dinner – Friday

- Beef and Barley soup
- Vegetable ‘sop’ – millet and Asian vegetable stew [William of Rubruck]
- Stewed Asian Fruits

## Lunch – Saturday

- Drum Qazi [YSCY]
- (vegetarian option: vegetarian sausage)
- Flat Bread
- Cheese Wedge
- Fruit
- Self-serve leafy greens [Secret History of the Mongols]

## Dinner – Saturday

### 1<sup>st</sup> course:

- Turkish Bread
- Vinegar Bamboo Shoots [Cloud Forest Hall]
- Cooked Radish [Cloud Forest Hall]
- Rice [Perry’s essay on Mongolian Grains]
- Se-aBu Soup [YSCY]
- Water Dragonlets [Cloud Forest Hall]
- (Vegetarian Option: Snow Temple Vegetable [Cloud Forest Hall])

### 2<sup>nd</sup> course:

- To Cook Vegetables [Cloud Forest Hall]
- To Cook Mushrooms [Cloud Forest Hall]
- Roasted Onion [William of Rubruck]
- Muslim Beans [YSCY]
- Eurasian Sicken [Cloud Forest Hall]
- Roast Pork (beef variant) [Cloud Forest Hall]
- (Vegetarian Option: vegetarian eggplant manta [YSCY])

### Sweet course:

- Cooked Stuffed Lotus Roots [Cloud Forest Hall]
- Mongolian Sweets
- Cut Fresh Fruit

## Lunch – Sunday

- Leftovers from the night before
- Flat Bread
- Meat Cakes [YSCY]
- (Vegetarian Option: Fried Milk Curd [Soup for the Qan] - Fried Haloumi)
- Fruit [YSCY]
- Leafy Herbs [Secret History of the Mongols]

## Saturday Night - Dinner

### Cooked Radish

Original:

Take [radishes, *Raphanus sativa*] cut into four small chunks the long way, and put them in a clean vessel. Put julienned fresh ginger and pepper [Sichuan, *Zanthoxylum simulans*] grain powder on top. Add a little water and wine and add mixed salt and vinegar to a cauldron and boil. When hot, pour it over the radishes, and immediately cover. Ensure that you completely immerse the ground, so that the radishes are soaked.

Natal'ia's Redaction:

Ingredients:

- 500g oriental white radish (Daikon), matchsticked
- 15g ginger, julienned
- 1/2 tsp Sichuan Pepper, rubbed and then coarsely ground
- 1 tsp salt
- 1 cup water (3 parts)
- 1/3 cup cooking rice wine (1 part)
- 1/3 cup rice wine vinegar (1 part)

Method:

1. Clean and cut radishes.
2. Place radishes in a bowl that you will be able to cover. Add the Sichuan Pepper and ginger on the top of the radishes.
3. Heat water, wine, salt, and vinegar in a pan.
4. When liquids reach a rolling boil, pour over radishes (this needs to be a true rolling boil. Get that liquid HOT). Ensure that the radishes are covered fully. Cover the bowl immediately to seal.
5. Allow to cool on a side bench.
6. Serve when cooled.

### Rice

Ingredients:

- 2 cups long grain brown rice, rinsed.
- 5 cups water (approximate)
- 1 stick cinnamon

Method:

1. In large pot, add rinsed rice and enough water to cover the rice by 2.5 cm. Add cinnamon.
2. Bring water to boil, cover with tight-fitting lid.
3. Turn heat down to low and simmer for 15 minutes (do not open).
4. Turn heat off and let stand 5 minutes.
5. Remove cinnamon and fluff as it is served.

## Saturday Night - Dinner

### To Make Vinegar Bamboo Shoots

Original:

Take bamboo shoot juice and put it in white plum [PPC 61 suggests *Prunus mume* preserved in salt] sugar frost or white sand sugar and the natural juice from fresh ginger. When mixed, add cooked bamboo shoots. Immerse for a little while. Eat cold. You may not keep them long.

Natal'ia's Redaction:

Ingredients:

- 2 cans (225g) Bamboo Shoots
- 1/2 cup bamboo juice (see below on making)
- 1/4 cup raw ginger juice
- 1 tsp sugar (see notes)

Method:

1. Open one can of bamboo shoots and rinse well. Use a stick blender to emulsify (adding water as required). This becomes your bamboo juice.
2. Mix bamboo shoot juice, ginger juice, and your sweetening choice.
3. Once combined, added bamboo shoots and allow to marry for a while (2-3 hours minimum).
4. Serve cold.

### To Boil Vegetables

Original:

[*Metaplexis* ssp? It's a specific kind of vegetable, not generically vegetables.]

Take water and wash some four, and wash out any sand and mud. Then add chicken meat broth to it.

Natal'ia's Redaction:

Ingredients:

- 1 or 2 Bok Choy
- 1 litre Chicken broth (or vegetable broth for vegan/vegetarian dish)

Method:

1. Clean leaves well; remove all dirt and grit.
2. Cut leaf from stock and cut stock into bite size pieces.
3. Put broth in pot to boil.
4. Add stock pieces and boil for 2 minutes.
5. Add leaf pieces and boil a further 2 minutes or until the leaves are wilted and the stocks are al dente.
6. Serve warm with some of the broth.

Assumptions:

- *Metaplexis* ssp. is a leafy plant found in China. *M. japonica* is the most common variant eaten. Known as 'rough potato' or 'Ru Ru', the fruit, leaves and root of the plant are edible. Currently, this is not commonly available in Australia. Research will reveal that Bok choy is often substituted for Ru Ru. Bok choy is commonly available in Australia and so I used this plant as substitution.

## Saturday Night - Dinner

### Se-aBru Soup (Lamb Jam)

Original:

Mutton (two legs, the head, and a set of hooves), tsaoko cardamoms (four), cinnamon (three *liang*), sprouting ginger (half a *jin*), *kasni* (big as two chickpeas).

Boil ingredients into a soup using one *\*telir* of water. Pour into a stone top cooking pot. Add a *jin* of pomegranate fruits, two *liang* of black pepper, and a little salt. The pomegranate fruits should be baked using one cup of vegetable oil and a lump of asafoetida the size of a garden pea. Roast [*i.e.*, cook dry ingredients] until a fine yellow in color, slightly black. Remove debris and oil in the soup.

Strain clean. Use the smoke produced from roasting *jiaxiang* [*operculum* of *Turbo cornutus* and related spp], Chinese spikenard [*Nardostachys chinensis*], *kasni*, and butter to fumigate a jar. Seal up and store [the *Se-aBru* Soup] as desired.

Natal'ia's Redaction:

Ingredients:

- 1 Leg of lamb
- 4 tsaoko cardamoms
- 1 stick cinnamon, cassia
- 50g ginger
- 1/4 teaspoon asafoetida
- 1 jar pomegranate juice (no sugar added)
- black pepper, to taste
- Salt, to taste
- 2 litres water

Method:

1. In a pot, add lamb, tsaoko cardamoms, cinnamon, ginger, asafoetida, and water. Bring to boil and then slow boil until the lamb is falling off of the bone (5-7 hours). Do not cover and check water level throughout the cook. Add water if it is boiling out.
2. While meat is cooking: In a thick bottomed pot or double boiler, empty pomegranate juice into pot. Bring juice to simmer and cook until it condenses to 3/4 what you started with (approximately 45 minutes). Set aside to cool (this can be done before the event and can be frozen).
3. Remove meat from broth (retain broth). Allow to cool so that lamb can be shredded. Mix into condensed pomegranate juice. Set aside.
4. Strain broth, discarding the debris and keeping the broth. Allow to cool and skim fat from service. Your broth, when cooled should be forming an aspic.
5. Reheat broth. Add salt, pepper, and lamb to the broth. Mix.
6. Put into pots or bowls and cool. Serve cool.

\* For those interested in this recipe, I have another version on my website's blog. I will be continuing my work with this recipe next year. It seems to be a potted meat and I will be trying to put some away for Festival 2019 if I have the time.

## Saturday Night - Dinner

### Snow-Covered Vegetables - Vegetarian Option only

Original:

Take spring leafy vegetable [cabbage?] hearts with a few remaining leaves, and for every kind make two sections. Put them in a bowl, and take milk cakes [rubing, a kind of farmer's cheese] thickly cut into sheets and fully cover the top of the vegetables. Take ground pepper [Sichuan, *Zanthoxylum simulans*] and roll it in your palms on top. You don't need much pepper. Take pure wine and a little salt and pour it over the whole bowl, and then steam it on bamboo. When the vegetables are cooked, and soft, eat it.

Natal'ia's Redaction:

Ingredients:

- 3 baby Bok Choy
- 1 Milk Cake (Ricotta Cheese)
- 1 teaspoon Sichuan pepper, ground
- Salt to taste
- 3 teaspoons white rice wine\*

Method:

1. Wash Bok choy and remove (and discard) the outer leaves so that only the young leaves and heart remain.
2. Using a bowl which can fit into your bamboo steamer, cut Bok choy in two so that it fits into your bowl.
3. Cut cheese into thick strips and place over Bok choy until the entire top of the vegetable is covered.
4. Lightly pepper the top of the cheese (this doesn't require much).
5. Add wine and a little salt (amount of salt needs to be tempered with the saltiness of the cheese. The saltier the cheese the less salt needed in this dish).
6. Place bowl into bamboo steamer and steam until the Bok choy is cooked (soft but not mushy). Cook time depends on ambient temperature and size of Bok choy but this takes about 10 minutes.
7. Remove bowls from steamer and serve. Warning: bowls are hot, and the soup is near boiling.

Note:

- Do not add too much fluid to the bottom of your bowl. The steaming process will increase the amount of fluid in the bowl.

\* The wine in this dish can easily be overpowering. Use a light rice wine or make the dish with no wine at all, substitute water.

# Saturday Night - Dinner

## Water Dragonlets

Original:

Take the finest meat from a pig: two parts fat, one part meat. Chop it fine, and add scallions [*Allium fistulosum*], pepper [Sichuan, *Zanthoxylum simulans*], almonds, a little sauce, and a little crushed dry-steamed cakes, evenly mixed. Form into balls with your hands and vinegar. Coat in true flour. Add to boiling water or broth and when they float, take them out. Clear hot broth is appropriate.

Natal'ia's Redaction:

Ingredients :

- 500g Pork Mince
- 1/3 cup Spring Onion, very finely chopped
- 1/2 tsp Sichuan Pepper, finely ground
- 1/2 cup fine breadcrumbs
- Rice Wine Vinegar
- Wheat Starch
- 1 litre stock for cooking
- 500 ml stock for serving (pork or chicken clear or piquant )

Method:

1. Mix mince, spring onion, Sichuan pepper, and breadcrumbs until thoroughly incorporated.
2. Moisten hands with rice wine vinegar (keep a small bowl of vinegar close at hand to rewet hands) and roll mixture into small balls – perhaps bite size, though larger balls will work as well.
3. Empty a thin layer of wheat starch into a shallow bowl. Coat hands with starch and roll the meat balls through your hands to coat each with a thin layer of starch.
4. Boil the balls in a clear, low flavour soup (chicken or vegetable stock). Once the balls float to the top, boil another minute.
5. Use a slatted spoon to remove the dragonlets from the cooking pot. Place dragonlets in serving dish and ladle warm serving broth over the top.

## Roasted Onion

### Fire Method

Ingredients:

- 2 onions
- Campfire

Method:

1. Place whole onions in coals
2. Roast until the skin is charred and the flesh is soft, turning occasionally (about 15 to 30 mins)

### Smoker Method

Ingredients:

- 2 onions, skinned and quartered
- Smoker tray
- Spray olive oil

Method:

Spray pans, put onions on trays  
Smoke with heat for 30 to 45 minutes or until the flesh is soft.

# Saturday Night - Dinner

## Muslim Beans

### Ingredients:

2 Tsaoko Cardamom  
1/2 cup Chickpeas – dry  
50 g Mushrooms – mild flavoured (weights are for fresh)  
1/2 Onion – brown or white (medium sized)  
1 Tablespoon Oil (for frying onion and mushroom)  
1/4 teaspoon Black Pepper  
1/4 cup Mint Leaves (chopped)  
1/4 cup Coriander Leaves (chopped)  
1 teaspoon Rice Wine Vinegar  
1 good pinch Salt

### Method:

1. Soak chickpeas overnight in sufficient water (water should stand an inch or two over the chickpeas). Soak at least 8 hours.
2. Cook chickpeas in sufficient water and Tsaoko Cardamom until the chickpeas are soft (about 3 to 4 hours at a simmer).
3. When the chickpeas are cooked, drain them and set aside. Remove all Tsaoko Cardamom.
4. Slice the mushrooms and chop the onion fairly finely.
5. Fry the onion in oil until it begins to turn clear. Then add mushrooms and fry until both onion and mushrooms are soft and slightly caramelized.
6. Turn heat to low and add black pepper, mint leaves and coriander leaves. Fry for 2 to 3 minutes (until the leaves are wilted). Remove from heat.
7. Add rice wine vinegar and salt to onion/mushroom mixture and mix thoroughly.
8. Drain chickpeas thoroughly.
9. In large bowl, mix onion/mushroom mixture and drained chickpeas.
10. Cool and serve cold.

# Saturday Night - Dinner

## Eurasian Siskin

Original:

[*Spinus spinus*]

Remove the feathers. Take the brains [head?] and wings with scallions [*Allium fistulosum*], pepper [Sichuan, *Zanthoxylum simulans*] chopped and mixed to brew in the belly. Boil well in good sweet wine and then eat as a meal. Add a little salt to the wine.

Natal'ia's Redaction:

Ingredients:

- 1 kg meat (game hen, chicken - tenderloin)
- 500g minced chicken
- 1 cup spring onion, finely chopped
- 2 teaspoon Sichuan pepper, finely ground
- 1/4 cup sweet rice wine
- 1 teaspoon salt
- 2 litres stock
- 2 Tablespoon olive oil
- Bamboo skewers cut to length or kitchen string

Method:

1. Combine minced chicken, spring onion, pepper, sweet wine, and salt. Mix well.
2. Remove tendon from whole meat.
3. Roll meat around meat mixture. Close with bamboo skewer or kitchen string.
4. In cooking pot, braise parcels until done.

## To Cook Mushrooms

Original:

Take water and wash some four, and wash out any sand and mud. Then add chicken meat broth to it.

Natal'ia's Redaction:

Ingredients:

- 150g Dried Asian Mushrooms
- 1 litres Chicken stock

Method:

1. Put stock in pot to boil.
2. Cut mushrooms into appropriate serving size.
3. Rinse mushrooms in a strainer.
4. Add mushrooms to stock. Boil for 2 minutes, cover, and let stand until mushrooms are reconstituted and soft.
5. Serve warm with some of the broth.

## Saturday Night - Dinner

### Vegetarian/Vegan Eggplant Manta (Vegetarian Option Only)

Ingredients:

*(This makes 5 finger eggplants – so 5 to 10 serves depending on serving size)*

#### Manta

375g mushrooms (mild flavoured, sliced and cut into 'coarse mince')

½ cup shallots (thinly diced)

¼ cup mandarin peel (very finely minced, white part removed)

5 finger eggplants

Oil for frying (approximately 1 tablespoon)

Sauce (if this sauce is going to be used for other things, then we need to increase these amounts)

3 cloves fresh garlic

100g plain yogurt

~ dry basil leaves for sprinkling over the top of the sauced eggplant

1 teaspoon oil

Method:

#### Manta

1. Soften mushroom and shallots in oil. When they are soft, add mandarin peel and continue to fry until the shallots and mushrooms are slightly caramelized. Take off heat and cool.
2. Slice eggplant lengthwise (to form 2 'boats') and core out the eggplant halves.
3. Fill eggplant halves with mushroom stuffing.
4. Place eggplant into bamboo steamers and steam until eggplant is soft but not over cooked (approximately 10 minutes).

#### Sauce

1. Sweat garlic in oil over medium heat until blistered. Cool.
2. Just before serving, press garlic through garlic press into yogurt. Mix to combine. Slightly heat yogurt if it is thick and then drizzle over the top of the eggplant manta. Sprinkle the top of the sauce with crushed dry basil leaves.

## Saturday Night - Dinner

### Roast Pork (using beef) \*

Original:

Clean meat and use scallions [*Allium fistulosum*] and pepper [Sichuan, *Zanthoxylum simulans*] with a little honey, salt and wine and rub it. In a wok put it on a bamboo stick platform. Add to the wok one small cup of water and one of wine, and cover it using wet paper to seal the seams. When dry, use water to moisten it. Build a fire out of great grass, do not stir. After the appropriate time, again build a grass fire. Stoke it for a meal-time. Use your hand to feel if the wok lid is cool. Open the lid and turn the meat. Cover again and moisten the paper. As before, seal it. Again use build a grass fire and when cool it will be done.

Natal'ia's Redaction:

Ingredients:

- 500g Pork Tenderloin (8 x 60g after cleaning), remove tendons and silver skin
- 2 spring onions, finely chopped
- 1 teaspoon Salt
- 35 g Honey
- 1 teaspoon Sichuan Pepper, very finely ground
- 1 1/2 cups Rice Wine for cooking
- 1 cup water

Method:

1. Marinade pork: rub cleaned tenderloin with honey on all sides. Then rub spring onion, salt, and Sichuan pepper on pork.
2. Place in bowl and pour 1/2 cup cooking rice wine over the meat. Cover and place in refrigerator for at least 2 hours (better if you can allow to sit for 24 hours).
3. In a wok, place bamboo skewers to form a lattice so that there is a gap between them and the bottom of the wok. The gap needs to be large enough to allow the meat to sit above the liquid that will be placed in the bottom of the wok.
4. Place meat on the bamboo lattice. Try to keep the meat off the sides of the wok.
5. Add 1 cup of water and 1 cup of cooking rice wine to the bottom of the wok.
6. Put the lid on the wok and seal the seam with wet paper (keep this paper moist throughout the cook).
7. Put the wok on a medium heat and allow the liquid to boil. Do not open the lid until it is time to turn the meat and then reseal with wet paper. Indicative times: 15 minutes from when the wok is put on the heat. Open, turn the meat, and reseal. Cook another 5 minutes and then allow to sit until the wok is cool.

\* We used beef for this recipe at the Fields of Gold Feast. We also used a pressure cooker rather than the wok. If you would like to use the method we used then, the meat rested in the liquid and was cooked under pressure.

# Saturday Night - Dinner

## Cooked Filled Lotus Roots

Original:

Take really good true flour, honey and a little musk [lit. musk deer *Moschus moschiferus*] and pour it inside lotus roots. Pour from the big head. Wrap in oiled paper, tie, and boil until cooked. Cut into slices and eat warm.

Natal'ia's Redaction:

Ingredients:

- 1 pack frozen Lotus Rhizomes
- 1 cup Flour
- 1/2 cup Honey
- Musk Essence, to taste
- Olive oil, as required for frying

Method:

1. Defrost rhizomes
2. Mix flour, honey, and musk.
3. Take a small amount of mixture (about 1 teaspoon) and flatten onto on piece of rhizome. Cover with another piece of rhizome to create a sandwich.
4. Dip sandwich into flour to thinly coat both sides (important step to avoid spitting oil).
5. Fry in shallow oil until rhizome is developing a golden colour (approximately 10 minutes). Turn as required.
6. Remove rhizome to drain plate with paper towel.
7. Serve warm.

## Meat Cakes

Original:

Select mutton (10 *jin*; remove the fat, membrane, and sinew. Mash into a paste), *kasni* (three *qian*), black pepper (two *liang*), long pepper (one *liang*), finely ground coriander (one *liang*).

[For] ingredients use salt. Adjust flavors evenly. Use the fingers to make “cakes.” Put into vegetable oil and fry.

Natal'ia's Redaction:

Meat Cake Ingredients:

- 500 g Lean Beef Mince \*
- 1 small pinch Asafoetida, less is more with this spice
- 1/2 teaspoon Black Pepper
- 1/2 teaspoon Long Pepper
- 1/2 teaspoon Coriander Seed
- Vegetable Oil for shallow frying

Dipping Sauce Ingredients:

- 100g plain yoghurt
- 3 cloves fresh garlic
- ½ teaspoon black pepper
- Pinch of salt
- 1 teaspoon of oil
- ~ Dry basil leaves (crushed) for sprinkling over dipping sauce

\* Spicing in this recipe needs to be up to the cook's taste. I fully recommend that you try this at home and adjust the flavours before unleashing it on your feasting guests.

Method:

Meat Cakes:

1. Mix beef mince and spices until well combined.
2. Roll and flatten beef mince into patties. We made very small patties of mince mixture that would fry down to approximately two bites.
3. In skillet or BBQ plate, add oil to heat (this is for a shallow fry, so adjust amount of oil as required).
4. Once oil is hot but not smoking, add meat cakes.
5. Cook until done (time is dependent on size of meat cake)
6. Turn out on paper towel to remove excess oil.
7. Serve hot with dipping sauce.

Dipping Sauce:

1. Sweat garlic in oil over medium heat until blistered. Cool.
2. Just before serving, press garlic through garlic press into yogurt and add pepper and salt. Mix to combine. Sprinkle the top of the sauce with crushed dry basil leaves.

\*We used beef rather than lamb because we had a person with lamb allergy. This recipe works with lamb.

## Further Reading

### Books:

Amitai-Preiss, R., and Morgan, D., 2000. *The Mongol empire & its legacy*. 1st ed. Leiden ; Boston: Brill. Chapter entitled: The Mongols in China and the Far East Mongol Empire and Turkicization: The Evidence of Food and Foodways / Paul D. Buell

Anderson, E., 1988. *The food of China*. New Haven [etc.]: Yale University Press.

Buell, P., Anderson, E. and Perry, C., 2010. *A soup for the Qan*. Leiden: Brill.

### Publications:

Buell, P, 1990. Pleasing the Palate of the Qan: Changing Foodways of the Imperial Mongols. *Mongolian Studies*, Vol. 13, The Hangin Memorial Issue, 57-81.

Sabban, F, 1999. Some Remarks about the Translation of Yun Lintang Yinshi Zhidu Ji Published in PPC60. *Petits Propos Culinarie*, 61.

Wang, T, and Anderson, E, 1998. Ni Tsan and His 'Cloud Forest Hall Collection of Rules for Drinking and Eating'. *Petits Propos Culinarie*, 60.

### Websites:

Story, A. 2018. *Ni Zan's Dietary System of the Cloud Forest Studio*. [ONLINE] Available at: <https://sundries.alecstory.org/2018/01/ni-zans-dietary-system-of-cloud-forest.html>. [Accessed 17 July 2018].

Vladimirova 'doch, N. 2018. *Mongol Musings Blog*. [ONLINE] Available at: <http://mongolmusings.weebly.com/>. [Accessed 17 July 2018].

### Podcast:

The Great Courses Plus. (2018). *Food: A Cultural Culinary History Podcast*. Ep 08 Yin and Yang of Classical Chinese Cuisine. [ONLINE]. 2 October 2017. Available from: <https://www.thegreatcoursesdaily.com/food-history-podcast/> [Accessed: 17 July 2018].