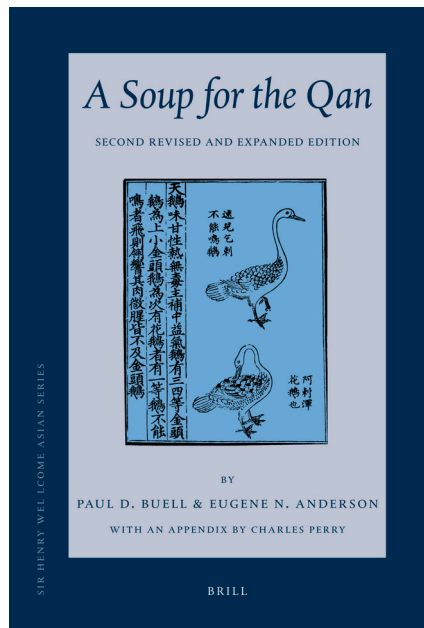


A Soup for the Qan: Chinese Dietary Medicine of the Mongol Era As Seen in Hu Sihui's *Yinshan Zhengyao*

Introduction, Translation, Commentary, and Chinese Text. Second Revised and Expanded Edition

Paul D. Buell and Eugene N. Anderson. With an appendix by Charles Perry.



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In the early 14th century, a court nutritionist called Hu Sihui wrote his *Yinshan Zhengyao*, a dietary and nutritional manual for the Chinese Mongol Empire. Hu Sihui, a man apparently with a Turkic linguistic background, included recipes, descriptions of food items, and dietary medical lore including selections from ancient texts, and thus reveals to us the full extent of an amazing cross-cultural dietary; here recipes can be found from as far as Arabia, Iran, India and elsewhere, next to those of course from Mongolia and China. Although the medical theories are largely Chinese, they clearly show Near Eastern and Central Asian influence.

This long-awaited expanded and revised edition of the much-acclaimed *A Soup for the Qan* sheds (yet) new light on our knowledge of west Asian influence on China during the medieval period, and on the Mongol Empire in general.

Readership: Scholars of Chinese, Mongol, Turkic and Central Asian history; medical historians; anyone interested in food and culture in the medieval period.

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