

Welcome to WisdomWorld

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Red items are my inputs; others are links to literature items with no links are unfinished

Return to [home page](#), “Fundamentals of Piano Practice”

1. Philosophy: Rules of Life

[1.1 Principle of Honesty => Success & Happiness](#)

1.2 Poor Personalities

2. Investing

2.1 Physics of Investing: Can You Beat the Market?

2.2 Statistics and Distributions

2.3 [Investing](#)

3. Cooking Recipes

3.1a Types of Recipes You will Find Here

These recipes are basically Chinese, modified for preparing in the US, and chosen because of their simplicity, terrific taste, or novelty. SIMPLE means they are not meals but a dish within a meal consisting of 2 or more dishes – the way Chinese meals are designed. They are all dishes my wife Merry cooked for us.

Vegetables are lightly cooked, and each main ingredient is allowed to exhibit its unique taste without being overwhelmed by sauces and spices. They are also low- carb, sugar, sodium, fat, and calorie. They require fresh ingredients and are educational in terms of cooking theory, learning how to identify fresh ingredients, and learning how to use common ingredients in Chinese cooking. Some of the recipes contain information you cannot find anywhere else, such as how to test for fresh eggs and the scientific theory of the stir fry (the dual-activation energy theory).

You can find detailed recipes for all the dishes listed below on the internet.

3.1b Recipe Books

There are plenty of recipe books on the internet, but finding the best ones is quite time consuming. Unfortunately, the reliable classics are mostly out of print, and not much is known about the new ones. [Here](#) are a few suggestions.

3.2 Sauces

[Soy Sauces \(we use Kikkoman\)](#)

[Seasoned Gourmet Rice Vinegar](#)

[Black Bean Sauce with Garlic](#)

[Hoisin Sauce](#)

[Shrimp Sauce](#)

[Oyster Sauce](#)

[XO Sauce](#)

3.3 Specials

3.3.1 [Tea Eggs](#)

3.3.2 [Soft Tofu with Grated Ginger](#) (Cold, Great summer dish)

3.3.3 [Spinach with Shaved Bonito](#) (You won't believe spinach can be this good – Japanese dish)

3.3.4 Daikon Fun-Su (mung bean thread with dried shrimp and daikon radish, see next)

[3.3.5 Mung Bean Thread \(fun-su\) with Ground Pork](#)

3.3.6 Bamboo Mushroom Soup

3.3.7 Sukiyaki

3.3.8 Turnip Cake (this is a dish, not desert)

[3.3.9 Wonton](#) (home-made)

3.3.10 [Zongzi](#) (tamale, baatsang [Taiwanese], chimaki [チマキ, Japanese])

3.3.11 [Cold soba or soumen noodles](#) (dipped in dashi or [hontsuyu](#) sauce with [wasabi](#), [ajitsuke-nori](#) flakes, and sliced [oyster mushroom](#))

3.4 Sea Food

3.4.1 Shellfish (and how to eat them)

Boiled/Steamed: Lobsters, Blue-, Dungeness-, Stone- Crabs, Clams, Steamers

Conch

Periwinkles

3.4.2 Ketchup Shrimp

3.4.3 Pan Fried Sole, Smelts, Flounder

3.4.4 Tofu Fish (Pompano [not Permit], Sea Bass, Tilapia, Red Snapper, Porgy)

[3.5 \(Vegetable\) Stir Fry: Mathematical Theory of Stirfry with general instructions, ingredients](#)

[3.5.1 Tree Ears with Ginger](#)

3.5.2 Bean Sprouts with Chinese Leek (Chu-Tsai Flowers)

3.5.3 Kai-Lan (Chinese broccoli) Beef

3.5.4 Napa Cabbage with dried Pollock

3.5.5 Green, Colored Peppers with Shrimp (or cuttlefish, beef, pork, squid, etc.)

3.5.6 Cauliflower, Broccoli, Zucchini, Mushroom

3.5.7 Chinese Greens (Yu-Tsai, various Bok-Choy, Ong-Tsoi (Water Spinach), Foot-long Beans, Sugar Snaps, Snow Peas, Snow Pea Tips, Angled (Ridged) Luffa, Taiwan Cabbage, etc.)

3.6 Poultry

3.6.1 Mushroom Chicken

3.6.2 Tiger Lilly Chicken

3.6.3 Curry Chicken

3.7 Pork

3.7.1 Steamed Spareribs in Black Bean Sauce

3.7.2 Simplest Pork Chops Dish

3.7.3 [Spare Ribs with dried bean curd sticks](#)

(We use shiitake mushroom instead of cinnamon and chillies)

[3.7.4 Sweet and Sour Spare ribs](#)

3.8 Beef

3.8.1 Steak

3.8.2 Shin Beef

3.8.3 Tendon Beef

3.8.4 Ox tail

3.9 Fruits

3.9.1 [How to Select Avocados](#)

4. Horticulture

[4.1 Growing Pineapples and Preparing Them for the Table](#)

[4.2 How to Grow \(Japanese\) Apple Pears](#)

[4.3 Lawn Care: A Weed Free Yard](#), an example of [Project Management](#) (see section 8 at link)

[4.4 The Secret to Propagating Cattleya Bowringiana](#)

5. Religion

- 5.1 [The Future of Religion](#)
- 5.2 [How Jesus became God](#)

6. Miscellaneous

- 6.1 Learning/Teaching How to Drive
- 6.2 Loosening those Darned Stuck Vacuum Tubes
- 6.3 [Creating Death Valley Lake](#)
- 6.4 [Sleep Number Bed by Select Comfort](#)
- 6.5 [Solving the Unemployment Problem](#)

7. Medical

- 7.1 [Interpreting Dreams: What Causes Them and Methods for Controlling Them](#)
- 7.2 [How to Use Your Subconscious Brain](#)
- 7.3 [Choosing the Sex of Your Baby](#)
- 7.4 [Osteoporosis:](#) Golf, Thyroid Medication
- 7.5 [Chest Pain](#) from Piano Practice, Typing, Rogaine
- 7.6 [Prostate Pain](#) and Sexual Activity
- 7.7 [How to Gargle](#)
- 7.8 Symptoms of Diabetes, Sugar Substitutes
- 7.9 [Hearing Loss and Hearing Aids](#)