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We have attempted this new edition both to update and expand our presentation and to correct many errors still found in the first edition in spite of careful editing and proofing. Also, our view of some of the material and of the Mongol world in general has changed over the years. Our work with the set of early Ming 朝 fragments of a Yuan 元 encyclopedia now called the *Huihui yaofang* 懿徽方, "Muslim Medicinal Recipes," has also led to some reassessment. The influence of Arabic medicine on our dietary seems far clearer now than it once was. Despite this, we have resisted the temptation to completely redo