



八寶滋潤湯

以花膠、響螺肉等煲湯，滋潤養顏，最適合乾燥寒冷的冬天補身護膚。

材料：

響螺肉500克，水發花膠300克，瑤柱60克，豬脰200克，淮山50克，百合30克，元肉30克，杞子20克，4度(pH10.5)鹼離子水或過濾水10杯，薑2片。

調味：

鹽1茶匙。

製法：

1. 響螺肉以鹽及生粉擦乾淨，清除內臟雜物後，飛水過冷河。
2. 花膠用薑蔥水加酒煨10分鐘，焗20分鐘後過冷河候用。
3. 瑤柱洗淨以半杯水浸1小時。豬脰洗淨飛水過冷河。其餘藥材用水略沖。
4. 將水傾入深鍋內加入薑片煮沸，隨把螺肉、花膠、瑤柱、豬脰、淮山同放入沸水中，以文火煮1 1/2小時，加入其餘材料續煮30分鐘，調妥味即可飲用。

Conch and Scallop Soup

Ingredients:

500g frozen conch, 300g prepared fish maw, 60g dried scallop, 200g pork shin, 50g Common Yam Rhizome, 30g dried lily bulb, 30g dried Longan, 20g medlar, 10 cups No. 4 (pH10.5) Alkali water or filtered water, 2 ginger slices.

Seasoning:

1 tsp salt.

Method:

1. Clean the conch with corn starch and rub with sea salt. Remove the intestine then blanch, refresh and drain.
2. Blanch the fish maw in some boiling water with ginger slices, sectioned spring onions and wine for 10 minutes. Turn off the heat and set aside for 20 minutes. Refresh and drain.
3. Wash the scallops and soak in half cup of water for one hour. Clean and blanch the pork shin. Wash the other ingredients.
4. Pour the water into a deep saucepan, put in the ginger slices and bring to the boil. Add the conch, fish maw, scallop, pork shin and the root. Cook over low heat for 1 1/2 hours. Put in the other ingredients and continue to simmer for an extra 30 minutes. Season to taste and serve.



什錦番薯飯

番薯有助預防心血管疾病，減少關節疼痛等，被認為是能令人長壽健康的食物。

材料：

米2杯，洋蔥1隻，蒜頭3粒，蝦米1/2杯，胡椒粉1/2茶匙，油1湯匙，鹽1茶匙，鹼離子上湯或雞湯2杯，番薯200克，西芹2片，熟冬菇6隻，火雞腿肉200克。

淋飯料：

生抽2湯匙，老抽1湯匙，胡椒粉1/4茶匙，麻油1茶匙。

製法：

1. 米洗淨隔乾水份。洋蔥去皮切幼粒。蒜頭剝茸。蝦米洗淨與胡椒粉和勻。
2. 鋼鍋以文火燒熱，加油，酒釀爆香洋蔥、蒜茸及蝦米。隨將米傾下拌均勻，注入上湯以大火煮10分鐘至沸。
3. 番薯去皮切粒。西芹、冬菇、火雞腿分別切粒。待飯沸時揭蓋將番薯粒、西芹、冬菇加入，續以文火煮15分鐘，停火焗15分鐘，揭蓋將火雞腿肉及淋飯料傾入，拌勻盛起或原鍋上桌。

食譜設計：嘉饌家政中心
歐陽紉漸女士

Sweet Potato Rice

Ingredients:

2 cups rice, 1 onion, 3 garlic cloves, 1/2 cup dried shrimps, 1/2 tsp pepper, 1 tbsp oil, 1 tsp salt, 2 cups Alkali Stock or chicken broth, 200g sweet potatoes, 2 celery sticks, 6 cooked Chinese mushrooms, 200g shredded turkey meat.

Sauce:

2 tbsp light soy, 1 tbsp dark soy, 1/4 tsp pepper, 1 tsp sesame oil.

Method:

1. Wash and drain the rice. Peel and dice the onion. Mince the garlic. Wash and dice the dried shrimps then coat with the pepper.
2. Heat a heavy based stainless steel saucepan over low heat. Stream in the oil and salt. Saute the onion, garlic and dried shrimps until aromatic. Stir in the rice to fry until evenly mixed. Pour in the Alkali stock and cook for 10 minutes over high heat or until boiled.
3. Peel and dice the sweet potatoes. Dice the celery, mushrooms and turkey meat. Mix in the sweet potatoes, celery and mushrooms when the water boiled. Continue to simmer over low heat for 15 minutes. Turn off the heat and set aside for 15 minutes. Remove the lid and add the diced turkey and the sauce. Loosen the rice and mix thoroughly with the other ingredients. Serve hot in the saucepan.