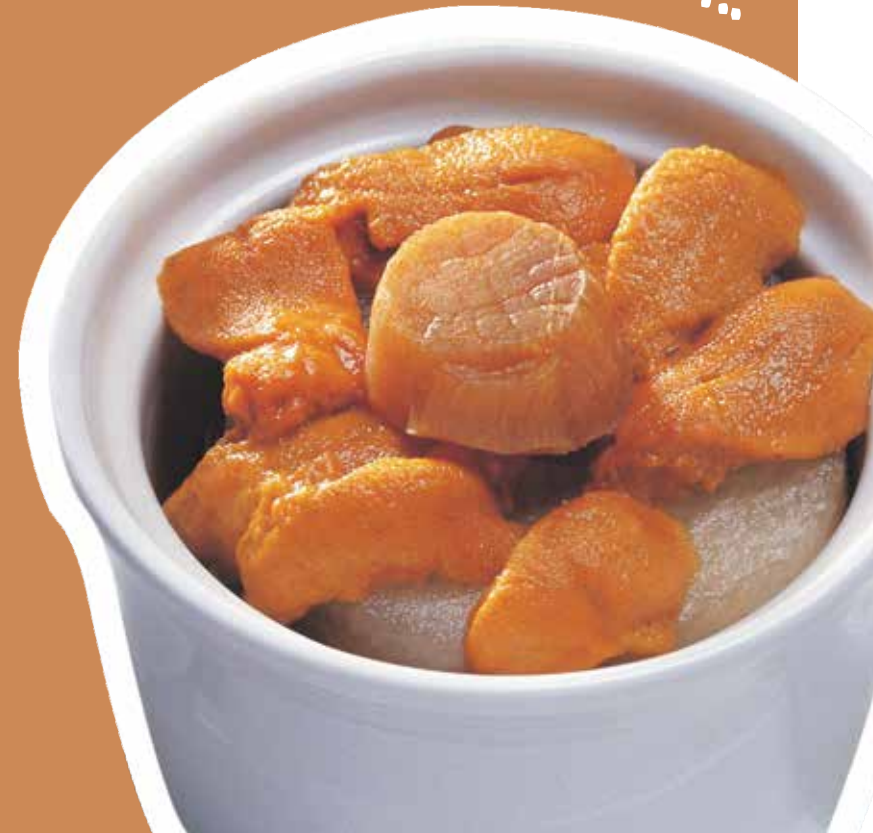# Toyomi®

Recipe Book
レシピ本

NUTRITIOUS SOUPS

HERBAL vol.01

ウニの冬瓜煮

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LOTUS SEED & LILY SOUP
莲子百合汤

うまい！

INGREDIENTS: Lotus Seed 50gm, Lily 10gm, Black Beans 300gm, Dried Orange Peel 1gm, Evaporated milk, Crystal Sugar.

METHOD:

1) Lotus Seed & Lily 10gm to be washed clean separately, black beans washed clean & soaked.

2) Lotus Seed, Lily, Black Beans & Dried Orange Peel to be put in the inner pot, add suitable amount of water, put the pot back into the main body & stew for 1.5 hours.

3) Add your desire sugar level to season after stewing.

BENEFITS: The soup is good for tranquilizing mind and clears heat & nourishes the lung.

材料: 莲子50克、百合10克、黑豆300克、陈皮1克、淡奶、冰糖各适量

做法:

1. 莲子、百合分别洗净; 黑豆洗净浸泡。

2. 将莲子、百合、黑豆、陈皮和淡奶放入内胆中,加适量水,将内胆放入 隔水炖盅内,炖约1.5小时。

3. 炖好加糖调味即可。

点评: 此汤有安心养神、清心润肺的功效。

BIRD NEST, SEA CUCUMBER & PIG'S BONE PORRIDGE
燕窝海参猪骨粥

うまい！

INGREDIENTS: Lean Meat 200gm, Pig Bone 100gm, Chicken Claws 4 piece, Bird Nest 50gm, Sea Cucumber 2 piece, Salt 3gm, Chicken Essence 8gm, suitable amount of White Rice.

METHOD:

1) Lean meat cleaned & cut into pieces, Bird Nest soaked thoroughly & washed clean, Pig Bone chopped into pieces, Sea Cucumber cut to pieces after soaking, Rice cleaned thoroughly by water.

2) Lean Meat, Pig Bone & Chicken Claws to be parboiled & drained dry.

3) Put these ingredients into the pot & add suitable amount of water, put the pot into the main body & stew for 3 hours, season it appropriately.

BENEFITS: This soup relieve fatigue and nourish the skin

材料: 瘦肉200克、猪骨100克、鸡爪4只、燕窝50克、海参2条、盐3克、鸡精8克、大米适量

做法:

1. 瘦肉洗净切块;燕窝泡发,洗净;猪骨剁件; 鸡爪洗净;海参浸水切块;大米洗净。

2. 瘦肉、猪骨、鸡爪用滚水汆烫,捞出沥干水分。

3. 将所有材料放入内胆中,加适量水,将内胆放入隔水炖盅内,炖约3小时, 调味即可。

点评: 此粥可缓解疲劳,美容养颜。

SNOW CLAMS, RED DATES & BLACK CHICKEN SOUP

雪哈红枣乌鸡汤

うまい！

INGREDIENTS: 1 Whole Black Chicken, Red Dates, White Clams 50gm, Milk 150gm, Ginger 10gm Salt 4gm.

METHOD:

1) Discard the internals of the Black Chicken & clean thoroughly before cutting into small pieces.

2) Soak the White Clams & wash it, clean the ginger & sliced into pieces, wash the Red Dates.

3) Put these ingredients into the pot, add in suitable amount of milk, put the pot into the main body & stew for 2.5 hours with the appropriate seasoning.

BENEFITS: The soup has anti-aging effect & increase immunity.

材料: 乌鸡1只、雪蛤、红枣各50克、牛奶150克、姜10克、盐4克

做法:

1.将乌鸡去内脏,洗干净,斩成小块。

2. 雪蛤泡发,洗净;姜洗净切片;红枣洗净。

3. 将备好的材料放入内胆中,加适量牛奶,将内胆放入隔水炖盅内,炖约2.5小时,调味即可。

点评: 此汤有抗衰驻颜、增加免疫力的功能

MANGO, COCONUT JUICE & SAGO

芒果椰汁西米露

うまい！

INGREDIENTS: Sago 30gm, Mango 50gm, Sugar 80gm, Coconut Juice 20gm, Fresh Milk 50gm.

METHOD:

1) Soak the Sago thoroughly & Mango washed clean & cut into cube size.

2) Put the Sago into the inner pot & pour Coconut Juice with the suitable amount of water into the pot, put the pot into the main body & stew for 1.5 hours.

3) Freeze after stewing & add in the Mango.

BENEFITS: This dessert strengthens the spleen & supplement the lingo. It removes phlegm. *

材料: 西米30克、芒果150克、糖80克、椰汁20克、鲜奶50克

做法:

1. 西米泡发,洗净;芒果洗净,切粒备用。

2. 将西米放入内胆中,倒入椰汁和鲜奶,加适量水,将内胆放入隔水 炖盅内,炖约1.5小时。

3. 炖好后冷冻,加入香芒粒,即可。

点评:此甜品有健脾补肺、化痰的功效。

GREEN BEANS & BARLEY SOUP

绿豆薏仁汤

うまい！

INGREDIENTS: Green Beans 10gm, Barley 10gm, Milk Powder 25gm.

METHOD:

1) Wash Green Beans & Barley & soak it in water.

2) Put these ingredients into the inner pot adding suitable amount of water, put the pot into the main body & stew for 3 hours.

3) Add milk powder after stewing & blend together before eating.

BENEFITS: This soup is effective in removing heat & heat fatigue.

材料: 绿豆10克、薏仁10克、奶粉25克

做法:

1. 先将绿豆、净薏仁洗泡水。

2. 将绿豆、薏仁放入内胆中,加适量水,将内胆放入隔水炖盅内,炖 约3小时。

3. 炖好后将奶粉放入搅拌后即可食用。

点评:此汤有清热解暑的功效。

YAOZHU DRIED SCALLOP WITH SHARK FIN

瑶柱干捞翅

うまい！

INGREDIENTS: Dried Scallops 10gm, Shark Fin 200gm, Milk 10gm, Peanut Paste 5gm.

METHOD:

1) Clean the Shark Fin & soak the cleaned Dried Scallops thoroughly.

2) Put these ingredients into the inner pot by adding suitable amount of water, place the pot into the main body & stew for 3 hours.

3) Boil the remaining ingredients & add corn starch to thicken the mixture. Add the mixture to the Shark Fin & Dried Scallops.

BENEFITS: This dish can nourish the skin & strengthen the constitution.

材料: 干贝10克、鱼翅200克、牛奶10克、花生酱5克、蚝油10克、盐5克、糖10克、老抽10克、淀粉适量

做法:

1. 将鱼翅、干贝泡发,洗净。

2. 将鱼翅和干贝放入内胆中,加适量水,将内胆放入隔水炖盅内,炖 约3小时。

3.剩余的材料入锅加水煮沸,再用淀粉勾芡,起锅淋在炖好的鱼翅 上即可。

点评:此菜式有滋养皮肤、增强体质的功效。

PIG HEART WITH CORDYCEPS SOUP

猪心虫草汤

うまい！

INGREDIENTS: 1 Pig Heart, several pieces of Cordyceps, American Ginseng 10pieces, Salt & flavourings suitable amount.

METHOD:

1) Wash the Pig Heart with water, slice the Cordyceps & wash the American Ginseng.

2) Put all the ingredients into the inner pot & add suitable amount of water, put the pot into the main body & stew for 3 hours.

3) Add in Salt after stewing & suitable amount of flavouring for seasoning.

BENEFITS: The soup is good for tranquilizing mind.

材料: 猪心1个、虫草若干、西洋参10片、盐、味精各适量

做法:

1.将猪心洗净余水,切片;虫草、西洋参洗净。

2.将所有原材料放入内胆中,加适量水,将内胆放入隔水炖盅内,炖 约3个小时。

3. 炖好后加入盐、味精调味料即可。

点评: 此汤有养心安神的功效。

STARFRUIT & PERILLA SWEET SOUP

杨桃紫苏梅甜汤

うまい！

NGREDIENTS: Starfruit 1 piece, Perilla 4 pieces, Wheat Barley Oats 15gm, Asparagus 10gm, Perilla Juice, suitable amount of Crystal Sugar, Salt 5gm.

METHOD:

1) Put all herbs into a cotton bag, scrub surface of star fruit with a small amount of salt.
   Cut both ends of the starfruit & discard, slice into pieces.

2) Put the herbs & all ingredients into the inner pot with a suitable amount of water. Place the pot into the main body & stew for 1.5 hours.

3) Scoop out the herbs & add in Perilla Juice & mix well, after cooling you may consume.

BENEFITS: This soup is effective in nourishing the YIN & clear internal heat.

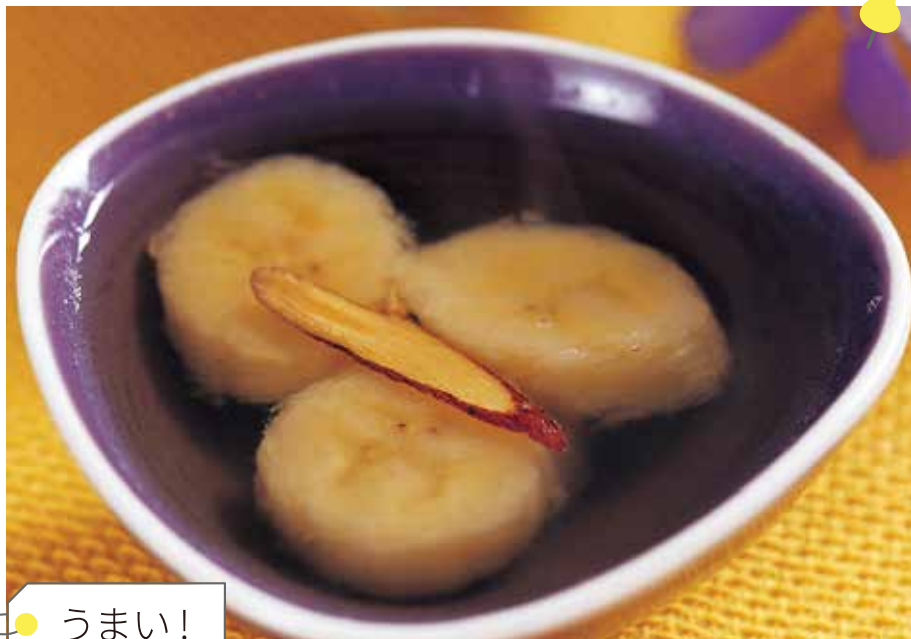**材料:** 杨桃1颗、紫苏梅4颗、麦门冬15克、天门冬10克、紫苏梅汁、冰 糖适量、盐5克

做法:

1. 全部药材放入棉布袋;杨桃表皮以少量的盐搓洗,切除头尾,再切成片状。

2. 将药材与全部材料放入内胆中,加适量水,将内胆放入隔水炖盅内,炖约1.5小时。

3. 取出药材,加入紫苏梅汁拌匀,待降温后即可食用点评: 此汤有养阴清热、美容养颜的功效。

适宜人群: 一般人都可食用,尤其适合女性食用。

LICORICE ROOT, ROCK SUGAR STEW WITH BANANA

甘草冰糖炖香蕉

うまい！

INGREDIENTS: 1 Whole Piece Banana, Rock Sugar & suitable amount of Licorice Root.

METHOD:

1) Wash & clean Licorice Root. Peel off the skin of the Banana & cut to sectional pieces.

2) Put Banana & Licorice into the inner pot & add suitable amount of water, place the pot into the main body & stew for 1.5 hours.

3) After stewing, add sugar to your desire amount & serve.

BENEFITS: Effective in improving body fluids, quench thirst.

材料: 香蕉1根、冰糖、甘草各适量

做法:

1.甘草洗净;取香蕉去皮,切段。

2.将香蕉和甘草倒入内胆中,加适量水,将内胆放入隔水炖盅内炖 约1.5小时。

3. 炖好加糖调味即可。

点评: 此汤有生津止渴的功效。

WINTER MELON STEW WITH SEA URCHIN

冬瓜炖海胆

うまい！

INGREDIENTS: 1 piece Dried Scallop, Watermelon 100gm, Sea Urchin 20gm, Salt 3gm, Sugar 5gm, Chicken Essence 3gm.

METHOD:

1) Wash & clean Winter Melon & cut to pieces. Clean & wash Sea Urchin & Dried Scallop, set aside for later use.

2) Put Dried Scallop, Watermelon & Sea Urchin into the inner pot & add in suitable amount of water.

3) Place the pot into the main body & stew for 3 hours, add seasoning for taste.

BENEFITS: Effective for phlegm, prevent swelling throat.

材料: 干贝1只、冬瓜100克、海胆20克、盐3克、糖5克、鸡精3克

做法:

1. 冬瓜洗净切块;干贝、海胆洗净备用。

2. 将干贝、冬瓜、海胆放入内胆中,加适量水。

3. 将内胆放入隔水炖盅内,炖约3小时,调入调味料即可。

点评: 此汤有软坚散结、化痰消肿的功效。

CONCH & DRIED SCALLOPS STEWED CHICKEN

响锣干贝炖鸡

うまい！

INGREDIENTS: Lean Meat 200gm, Old Chicken 600gm, Dried Scallops 5gm, ½ Fish Maw soaked till burgeoned, Conches 8gm, Chicken Claws 6 piece, Salt 5gm, Pepper Powder 3gm.

METHOD:

1) Wash & Clean Lean Meat, cut into pieces. Wash & clean Chicken & chop into pieces. Wash & clean the Conches, Chicken Claws & Dried Scallops. Boil these ingredients & drained dry.

2) Put all ingredients into the inner pot & add in suitable amount of water. Place the pot into the main body & stew for 2.5 hours.

3) Add Salt & Pepper Powder after stewing for the taste.

BENEFITS: The soup is nourishing & effective for strengthening the constitution.

材料: 瘦肉200克,老鸡600克,干贝5克,发好的花胶半件,响螺8克,鸡爪6只, 盐5克,胡椒粉3克

做法:

1.瘦肉洗净切块;老鸡洗净,剁块;响螺、鸡爪、干贝分别洗净,用 滚水汆烫,捞出沥干水分。

2. 将所有原材料倒入内胆中,加适量水,将内胆放入隔水炖盅内炖 约2.5个小时。

3. 炖好后加盐、胡椒粉调味即可。

点评: 此汤有滋补养颜、强身健体的功效。

4 HERBS STEWED WITH DRIED BEANCURD

四物炖豆皮

うまい！

INGREDIENTS: Dried Bean Curd 300gm, Ginseng 20gm, Mushroom 20gm, Goji Berries 10gm, Dang Shen (Codonopsis) 10gm, Salt 5gm.

METHOD:

1) Rinse clean Dried Bean Curd & cut into lengthwise. Tie each piece into a knot. Rinse clean Mushroom, Goji Berries & Dang Shen & soak them evenly.

2) Put Dried Bean Curd, Ginseng, Mushroom, Goji Berries & Dang Shen into the inner pot, add suitable amount of water. Place the pot into the main body & stew for 1.5 hours.

3) Add Salt after stewing for the flavouring.

BENEFITS: It is effective to prevent cardiovascular disease.

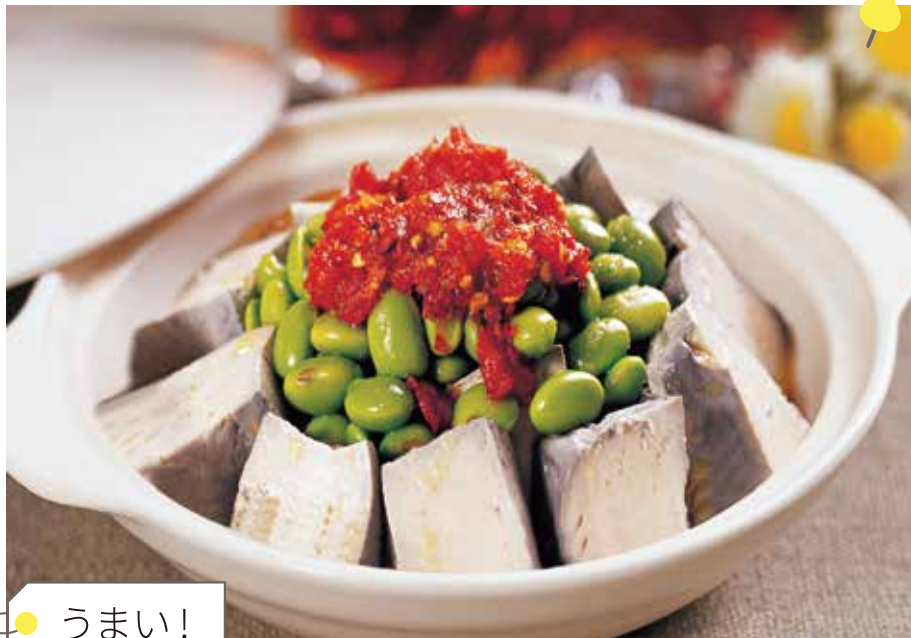**材料:** 豆皮300克,人参、香菇各20克,枸杞、党参片各10克,盐5克

做法:

1. 将豆皮洗净,切成长条,用手打成结;人参洗净;香菇、枸杞,、党参片均泡发。

2. 将豆皮、人参、香菇、枸杞和党参片倒入内胆中加适量水,将 内胆放入隔水炖盅内炖煮约1.5个小时。

3. 炖好后加入盐调味即可。

点评: 此菜式有预防心血管疾病的功效。

STINKY TOFU STEAMED IN RIPENING SOY BEANS

臭豆腐蒸毛豆

うまい！

INGREDIENTS: Stinky Tofu 6 pieces, Ripening Soy Beans 200gm, Garlic 10gm, Chilli Sauce 50gm, Cooking Wine 10gm, Salt 5gm, MSG 2gm, a little amount of Sesame Oil.

METHOD:

1)   Rinse Stinky Tofu & cut into pieces. Rinse Soy Beans & set aside for use later on.

2)   Put the Soy Beans into the centre of the inner pot & Stinky Tofu at its side, then add the MSG, place the pot into the main body & stew for 1.5 hours.

BENEFITS: This dish is good for strengthening the constitution & is effective in preventing dehydration & provides moisturising effect.

材料: 臭豆腐6块、毛豆200克、蒜10克、辣椒酱50克、料酒10克、盐5克、味精2克、麻油少许

做法:

1. 将臭豆腐洗净切小块;毛豆洗净备用。

2. 将毛豆放在内胆的中间,臭豆腐围边,调入调味料加少量水,将内 胆放入隔水炖盅内,炖约1.5小时即可。

点评: 此菜式有增强体质、润燥消水的功效。

QUAIL, BAMBOO SHOOTS & MUSHROOM SOUP

鹌鹑笋菇汤

うまい！

INGREDIENTS: 1 whole Quail, Winter Bamboo Shoots 20gm, Mushroom 10gm, ham 10gm, suitable amount of Fresh Soup, small amount of Cooking Wine & Salt.

METHOD:

1)   Rinse the Quail thoroughly & discard the innards.

2)   Rinse Winter Bamboo Shoots & Mushroom, and shred them. Rinse Ham & mince it.

3)   Put original ingredients into the inner pot & add suitable amount of water. Place the pot into the main body & stew for 2.5 hours.

4)   Add seasoning after stewing.

BENEFITS: This coup nourishes the liver & improves vision.

材料: 鹌鹑1只、冬笋片20克、香菇10克、火腿10克、鲜汤适量、料酒、盐各少许

做法:

1. 鹌鹑洗净去内脏;冬笋、香菇洗净,切碎;火腿洗净,切末。

2. 将原材料放入内胆中,加适量水,将内胆放入隔水炖盅内,炖约 2.5小时。

3. 炖好后加入调味料即可。

点评: 此汤有养肝明目、强健筋骨的功效。

LONG THREAD MOSS WITH MEAT SOUP

发菜肉汤

うまい！

INGREDIENTS: Minced Meat 250gm, Long Thread Moss 10gm, Bamboo Shoots 100gm, Carrots 50gm, Fresh Mushroom 50gm, Salt 2gm, Parsley 3gm.

METHOD:
1) Rinse Bamboo Shoots & Carrots, peel & shred. Rinse Long Thread Moss & soak with water. Rinse the Fresh Mushroom & shred them.

2) Put Minced Meat, Long Thread Moss, Bamboo Shoots, Carrots, Fresh Mushroom evenly & put into the pot with suitable amount of water. Place the pot into the main body & stew for 2.5 hours.

3) Add Salt & parsley after stewing.

BENEFITS: This soup clears heat & relieves stress.

材料： 肉末250克、发菜10克、竹笋100克、胡萝卜鲜香菇各50克、盐2克、香菜3克

做法：

1.竹笋、胡萝卜洗净去皮,切丝; 发菜泡发洗净;香菇也洗净切丝。

2. 将肉末、发菜、竹笋、胡萝卜、鲜香菇拌匀,放入内胆中加适量水,将内胆放入隔水炖盅内,炖约2.5小时。

3.炖好后加入盐调味,撒上香菜即可。

点评： 此汤有清热除烦的功效。

LOTUS SEED, DRIED SCALLOPS BRAISED WINTER MELON

莲子干贝烩冬瓜

うまい！

INGREDIENTS: Lotus Seed 20gm, Winter Melon 500gm, Fresh Dried Scallop 100gm, Salt, Sesame oil 3gm, Corn starch 10gm.

METHOD:
1) Soak Lotus Seed in water, using the electrical to steam & retrieve them. Peel Winter Melon & discard the seeds, cut into slices & rinse it.

2) Mix Lotus Seed, Winter Melon & Fresh Dried Scallops evenly with Salt & Sesame oil. Put into the pot & add suitable amount of water. Place the inner pot into the main body & stew for 1.5 hours.

BENEFITS: It is diuretic & removes dampness in effect.

材料： 干莲子20克、冬瓜500克、新鲜干贝100克、盐3克、香油3克、淀粉, 10克

做法：

1.干莲子泡水,利用电饭锅蒸熟后取出;冬瓜去皮及子后切片;新鲜 干贝洗净。

2. 将干贝和莲子、冬瓜和所有调味料拌匀,放入内胆中,加适量水,将内胆放入隔水炖盅内,炖约1.5小时即可。

点评： 此菜式有利水渗湿、美白养颜的功效。

AGROCYBE & FOSSIL FRAGMENTS DECOTION

茶树菇煲龙骨

うまい！

INGREDIENTS: Agrocybe 100gm, Fossil Fragments 30gm, Ginger 15gm, Salt 3gm, MSG 2gm, Pepper Powder 3gm, Cooking Wine 10gm.

METHOD:

1) Rinse Ginger & chopped to pieces. Rinse Agrocybe, peel Ginger & slice it.

2) Use hot water to parboil Fossil Fragments, drain it dry.

3) Put all ingredients into the inner pot with suitable amount of water. Place the pot into the main body & stew for 3 hours. After stewing, add seasoning.

BENEFITS: This soup is effective in delaying aging & maintains youthfulness.

材料: 茶树菇100克、龙骨30克、姜15克、盐3克、味精2克、胡椒粉3克、料酒10克

做法:

1. 龙骨洗净斩块;茶树菇洗净;姜去皮切片。

2. 龙骨用滚水汆烫,捞出沥干水分。

3. 将所有原材料放入内胆中,加适量水,将内胆放入隔水炖盅内,炖 约3小时后加入调味料即可。

点评: 此汤有延缓衰老、美容养颜的功效。

DRUNKEN MUSHROOM

醉花菇

うまい！

INGREDIENTS: Mushroom 100ggm, Pork Ribs 300gm, Sichuan Pepper (suitable amount), Soup Broth, Salt 5gm.

METHOD:

1) Soak Mushroom in water until it is soft. Discard stem & drain water till completely dry. Wash clean the Pork Ribs & cut to smaller pieces. Rinse the Sichuan Pepper & set aside for later use.

2) Put all prepared ingredients into the inner pot & add suitable amount of Soup Broth. Place the pot into the main body & stew for 3 hours.

3) Add salt after stewing.

BENEFITS: This soup nourishes the blood & liver. It is effective in strengthening the spleen & stomach.

材料: 花菇100克、排骨300克、花椒、上汤各适量、盐5克

做法:

1. 花菇用冷水浸软,去蒂、沥干水;排骨洗净,斩块;花椒洗净备用。

2. 将备好的材料放入内胆中,加适量上汤,把内胆放入隔水炖盅内, 炖约3小时。

3. 炖好后加入盐即可。

点评: 此汤能抑制胆固醇增加,有利心脏。

CHAYOTE, ROOT OF HERBACEOUS PEONY WITH LEAN MEAT SOUP

佛手瓜白芍瘦肉汤

うまい！

INGREDIENTS: Chayote 200gm, Root of Herbaceous Peony 20gm, Lean Meat 400gm, Jujube 5 pcs, Salt 3gm.

METHOD:

1) Rinse clean Chayote & cut into slices. Rinse Root of Herbaceous Peony & Lean meat, slice them.

2) Put Chayote, Root of Herbaceous Peony, Lean Meat & Jujube into the inner pot by adding suitable amount of water. Then place the pot into the main body & stew for 2.5 hours.

3) After stewing, add salt to taste.

BENEFITS: This soup nourishes the blood & liver. It is effective in strengthening the spleen & stomach.

材料: 鲜佛手瓜200克、白芍20克、猪瘦肉400克、蜜枣5颗、盐3克

做法:

1. 佛手瓜洗净,切片;白芍洗净;猪瘦肉洗净,切片。

2. 将佛手瓜、白芍、瘦肉、蜜枣放入内胆中,加适量水,再将内胆 放入隔水炖盅内,炖约2.5小时。

3. 炖好后加入盐调味即可。

点评: 此汤有养血柔肝、健胃开脾的功效。

BITTER GOURD, YELLOW BEANS & PORK RIBS SOUP

醉花菇

うまい！

INGREDIENTS: Pork Ribs 300gm, Bitter gourd 200gm, Yellow Beans 60gm, Spring Onion in sections, Ginger in slices, salt 3gm, Soup Broth 500gm, Pepper 3gm.

METHOD:

1) Wash pork ribs & chopped into pieces after cleaning. Discard the seeds in the Bitter gourd & cut into pieces. Rinse Yellow Beans until clean.

2) Put Pork Ribs, Bitter gourd, Yellow Beans, Spring Onion, Ginger into the inner pot & add in suitable amount of water. Place the pot into the main body & stew for 3 hours.

3) Add salt, soy sauce & pepper for seasoning after stewing.

BENEFITS: This soup clears heat & resolves heat fatigue. It can moisturise the throat & promote secretion of body fluids.

材料: 猪排骨300克、苦瓜200克、黄豆60克、葱段、姜片、盐3克、高汤 500克、生抽4克、胡椒粉3克

做法:

1. 排骨洗净剁块;苦瓜去瓤洗净切块;黄豆洗净。

2.将排骨、苦瓜、黄豆、葱和姜倒入内胆中,加高汤和适量水,将内胆放入隔水炖盅内炖煮约3个小时。

3. 炖好后加盐、生抽、胡椒粉调味即

点评: 此汤有清热祛暑、润喉生津的功效。

3 TYPES OF MUSHROOM & WINTER MELON SOUP

三菇冬瓜汤

うまい！

INGREDIENTS: Winter Melon 100gm, Mushroom 25gm, Pearl Oyster Mushroom 25gm, Shitake Mushroom 25gm, Fresh Soup 500gm, Pepper 2gm, MSG 3gm, Salt 5gm, Ginger (suitable amount), Spring Onion

METHOD:
1) Rinse & clean the 3 Types of Mushrooms & cut them into pieces. Peel Winter Melon, rinse & cut it into slices.

2) Put Winter Melon, Mushroom, Pearl Oyster Mushroom & Shitake Mushroom into the inner pot. Add in Fresh Soup & suitable amount of water. Place the pot into the main body & stew for 1.5 hours.

3) Add Pepper, MSG, Salt, Ginger & Spring Onion for flavour after stewing & sprinkle minced shallots for the taste.

BENEFITS: This soup is beneficial to improve the intellect & calm the nerves.

材料: 冬瓜100克、蘑菇、平菇、香菇各25克、鲜汤500克、胡椒2克、味精3克、盐5克、姜、葱各适量

做法:

1.将三种菇分别洗净,改刀成块;冬瓜去皮,洗净切片

2.将冬瓜、蘑菇、平菇、香菇倒入内胆中,加适量水和高汤,再将内胆放入隔水炖盅内,炖约1.5个小时。

3.炖好后加胡椒、味精、盐调味,撒上葱末即可。

点评: 此汤有益智安神、清热化痰的功效。

ANTLER, PIG TONGUE & CHIVES SOUP

鹿茸猪舌韭菜汤

うまい！

INGREDIENTS: Antler (DANG GUI) 10gm, Go Ji Berries 5gm, Pig Tongue 1 piece, Chives 200gm, Salt 3gm.

METHOD:

1) Parboil the Pig Tongue & remove the membrane & cut into slices.

2) Wash & clean the Chives & cut into sections lengthwise, use a small fire to get rid the antler hairs.

3) Put original ingredients into the pot. Add suitable amount of water & place the pot into the main body & stew for 3 hours. Add salt to season after stewing.

BENEFITS: This soup supplements the kidneys & strengthens the Yang.

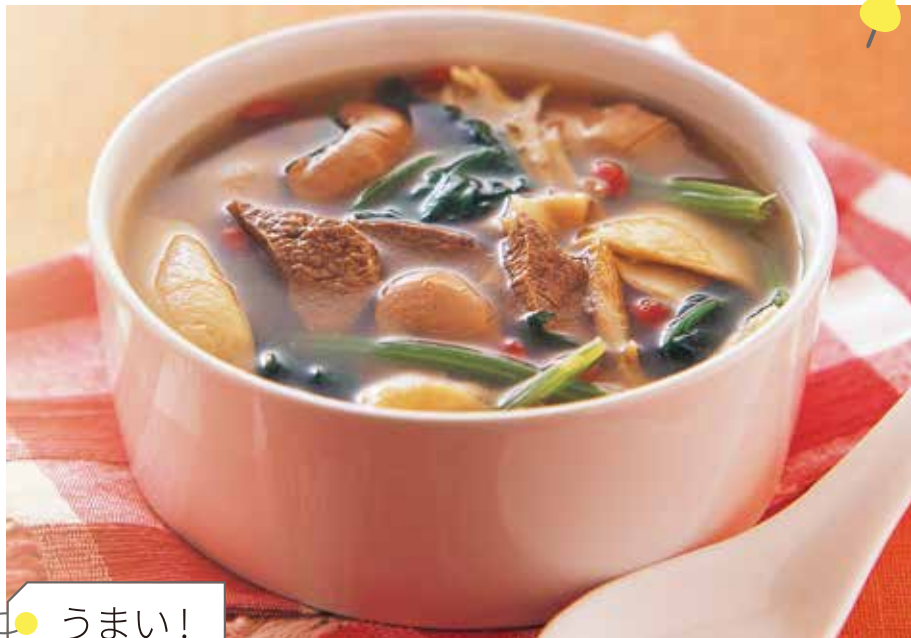**材料:** 鹿茸10克、枸杞5克、猪舌1个、韭菜200克、盐3克

做法:

1. 猪舌放入锅中汆水后取出,刮去白膜,切成片。
2. 韭菜洗净,切段;鹿茸以小火烧去边毛。
3. 将原材料放入内胆中,加适量水,将内胆放入隔水炖盅内,炖约3 小时,加盐调味即成。

点评: 此汤有补肾壮阳的功效。

ANGELICA SINENSIS & KIDNEY SOUP

当归腰片汤

うまい！

INGREDIENTS: Angelica Sinensis 10gm, Licorice 10gm, Ligusticum Wallichii 8gm, Eucommia Ulmoides Oliver (DUZHONG) 8gm, Goji Berries 8gm, Pig Kidney 500gm, Spinach 200gm, Noodle Soup 100gm, Salt 3gm, Sesame Oil 3gm.

METHOD:

1) Rinse & clean Pig Kidney, cut into slices, wash the spinach & cut in section lengthwise.

2) Put Angelica Sinensis, Licorice, Ligusticum Wallichii, Eucommia Ulmoides Oliver (DUZHONG) , Goji Berries into the inner pot & add suitable amount of water. Place the pot into the main body & stew for 1 hour. Add Pig Kidney & Spinach, continue to stew for 1 hour.

3) Upon completion, add your desired seasoning for taste.

BENEFITS: This soup may torify the QI & supplements any deficiency.

材料: 当归、甘草各10克、川芎、杜仲各8克、枸杞5克、猪腰500克、菠菜200克、素面肠100克、盐、香油各3克

做法:

1.猪腰洗净,切片;菠菜洗净切段。

2.将药材和素面肠放入内胆中,加适量水,将内胆放入隔水炖盅内, 炖约1小时后,放入猪腰片、菠菜,炖约1小时。

3.炖好后调味即可。

点评: 此汤有益气补虚的功效。

CABBAGE STEWED WITH SHARK FINS

菜心炖鱼翅

うまい！

INGREDIENTS: Cabbage 200gm, Chicken 500gm, Shark Fins 50gm, Soup Broth 750gm, Salt 3gm, Chicken Essence Flavour 2gm.

METHOD:

1) Wash & clean Chicken then cut them into pieces & parboil it. Drain dry, wash & clean Cabbage for later use, soak Shark Fins thoroughly.

2) Put Cabbage, Chicken & Shark Fins into the inner pot adding suitable amount of water. Then place the pot into the main body & cook for 2 hours.

3) Add in Salt & Chicken Essence after stewing for the taste.

BENEFITS: This soup enhances beauty & promotes facial countenance.

材料: 菜心200克,鸡500克,鱼翅50克,上汤750克,盐3克,鸡精2克

做法:

1. 鸡洗净剁件后用滚水汆烫,捞出沥干水分;菜心洗净备用;鱼翅涨发好。

2. 将菜心、鸡、鱼翅和上汤倒入内胆中,加适量水,将内胆放入隔 水炖盅内煮约2个小时。

3. 炖好后加盐和鸡精调味即可。

点评: 此菜式有美容养颜的功效。

ROOT OF SHA SHEN STEWED WITH DRIED SHARK CARTILAGE

沙参玉竹炖鲨鱼骨

うまい！

INGREDIENTS: Dried Shark Cartilage, Chicken (suitable amount), Pork, Root of straight lady bell 15gm, Radix Polygonati Officinalis 10gm, Longan Pulp 3gm, Cooking Wine 3gm, Ham 30gm, Fresh Ginger & Salt (suitable amount),

METHOD:

1) Remove all feathers from the Chicken & wash clean, then cut into pieces. Wash & clean the Pork & cut into medium size pieces. Clean ham & cut into cube size.

2) Put original ingredients into the inner pot & add suitable amount of water. Then place the pot into the main body & stew for 3 hours.

3) After stewing, add in the seasoning.

BENEFITS: This soup nourishes the stomach & lungs, it promotes secretion of body fluids.

材料: 干鲨鱼骨、鸡、猪肉各适量、沙参15克、玉竹10克、桂圆肉、料酒各3克、火腿30克、生姜、盐各适量

做法:

1. 先将老鸡去毛,洗净、斩件;猪肉洗净切成大肉粒火腿洗净切方粒。

2. 将所有原材料装入内胆中,加适量水,将内胆放入隔水炖盅内,炖约3小时。

3. 炖好后加入所有的调味料即可

点评: 此汤有滋阴润肺、养胃生津的功效。

WHITE FUNGUS, LONGAN PULP & LOTUS SEED SOUP

银耳桂圆莲子汤

うまい！

INGREDIENTS: Longan Pulp 5gm, Dried Lotus Seed 10gm, White Fungus 2gm.

METHOD:

1) Dried Lotus Seed & White fungus to be washed clean & soak in water.

2) Put Longan Pulp, Dried Lotus Seed & White Fungus into the pot adding suitable amount of water. Place the pot into the main body & stew for 1.5 hours.

BENEFITS: This soup strengthens & invigorates the brain & benefits the intellect.

材料: 桂圆5克,干莲子10克,银耳2克

做法:

1. 莲子,银耳洗净,泡水。

2. 将所有材料放入内胆中,加适量水,将内胆放入隔水炖盅内,炖约 1.5小时即可。

点评: 此汤有健脑益智的功效。

LONGAN, CHINESE YAM & RED DATES SOUP

桂圆山药红枣汤

うまい！

INGREDIENTS: Longan Pulp 100gm, Fresh Chinese Yam 150gm, Red Dates & Sugar (suitable amount)
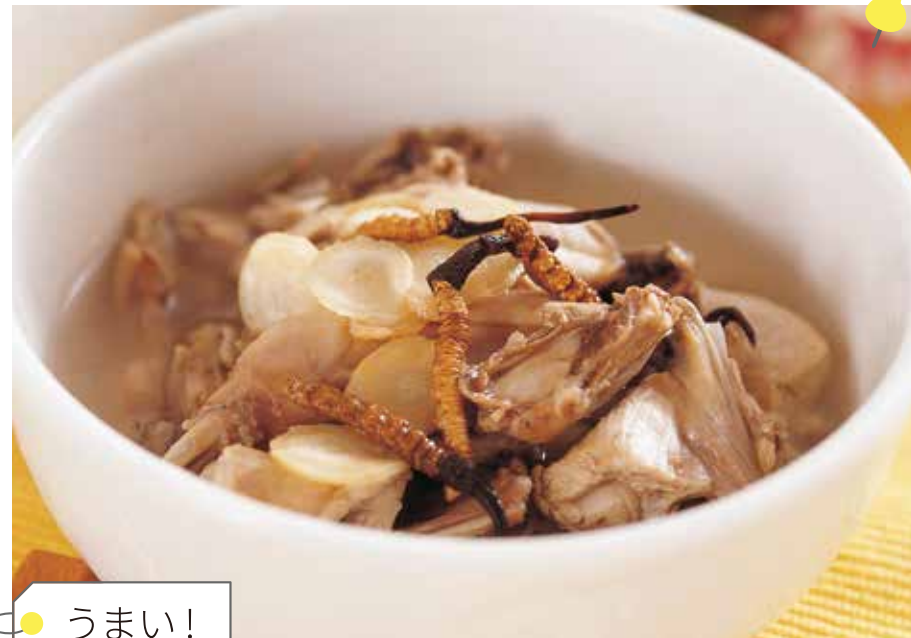
METHOD:

1) Wash & clean Fresh Chinese Yam then peel it. Wash clean the Red Dates.

2) Put Longan Pulp, Fresh Chinese Yam & Red Dates into the pot & add suitable amount of water. Then place the pot into the main body & stew for 1.5 hours. Add Sugar to your desire amount for the taste.

BENEFITS: This soup torifies the blood & is healthy for the body.

材料: 桂圆肉100克,新鲜山药150克,红枣、糖各适量

做法:

1. 山药削皮洗净,切小块;红枣洗净。

2. 将桂圆肉、山药和红枣倒入内胆中,加适量水,将内胆放入隔水炖盅内,炖约1.5小时,加糖拌匀即可。

点评: 此汤有补血养生的功效。

AMERICAN GINSENG & CORDYCEPS STEWED WITH QUAILS

花旗参虫草炖鹌鹑

うまい！

INGREDIENTS: 1 Whole Quail, American Ginseng 50gm, Cordyceps 3gm, Salt (suitable amount)

METHOD:

1) Wash clean the Quail & pluck away feathers. Parboil innards & Claws, drain dry.

2) Rinse & clean American Ginseng, cut into pieces.

3) Put original ingredients into the pot by adding suitable amount of water. Place the pot into the main body & stew for 2.5 hours adding salt (suitable amount) for seasoning.

BENEFITS: This soup is a tonic for the blood & maintains one's beauty. It also slows down aging.

材料: 鹌鹑1只、花旗参50克、虫草3克、盐适量

做法:

1. 将鹌鹑洗净,去毛,内脏、爪用滚水汆烫后,捞出沥干水分。

2. 将花旗参洗净,切片。

3. 所有材料一起放入内胆中,加适量水,将内胆放入隔水炖盅内,炖 约2.5小时,加盐调味即可。

点评: 此汤有有补血养颜、延缓衰老的功效。

GINSENG & LOTUS SEED SOUP
参片莲子汤

うまい！

INGREDIENTS: Ginseng Slices 10gm, Red Dates 10gm, Rock Sugar 10gm, Lotus Seed 40gm.

METHOD:

1) Rinse & clean Red Dates & remove the pits. Rinse the lotus seed & set aside for use later.

2) Put Ginseng Slices, Red Dates & Lotus Seed into the pot by adding suitable amount of water. Place the pot into the main body & stew for 1.5 hours.

3) Add Rock Sugar after stewing for the taste.

BENEFITS: It clears heat fire & benefit the mind.

材料: 人参片、红枣、冰糖各10克,莲子40克

做法:

1. 红枣洗净,去籽;莲子洗净,备用

2. 将人参片、红枣和莲子倒入内胆中,加适量水,将内胆放入隔水炖盅内炖约1.5个小时。

3. 炖好后加入冰糖调味即可。

点评: 此汤有清心火、益心智的功效。

WHITE FUNGUS & WATER CHESTNUT SYRUP
银耳马蹄糖水

うまい！

INGREDIENTS: Rock Sugar 20gm, White Fungus 150gm, Water Chestnut 12pcs, Goji Berries (small amount)

METHOD:

1) Clean White Fungus after soaking it thoroughly & cut to smaller pieces. Peel the Water Chestnut & rinse clean with water.

2) Put White Fungus, Water Chestnut & Go Ji berries into the pot & add suitable amount of water. Place the pot into the main body & stew for 1.5 hours.

3) Add Rock Sugar after stewing for the taste.

BENEFITS: This soup clears internal heat & promotes secretion of body fluids. It cools the blood & relieves summer heat.

材料: 冰糖20克、银耳150克、马蹄12颗、枸杞少许

做法:

1. 将银耳泡发洗净,撕成小块;马蹄去皮洗净;枸杞洗净。

2. 将银耳、马蹄和枸杞倒入内胆中,加适量水,将内胆放入隔水炖 盅内炖约1.5个小时。

3. 炖好后加入糖调味即可。

点评: 此糖水有清热生津、凉血解暑的功效。

LOTUS SEED & CHINESE YAM SWEET SOUP

莲子山药甜汤

うまい！

INGREDIENTS: White Fungus 100gm, Lotus Seed (suitable amount), Lily (suitable amount), Red Dates (suitable amount), Chinese Yam 50gm, Rock Sugar (suitable amount).
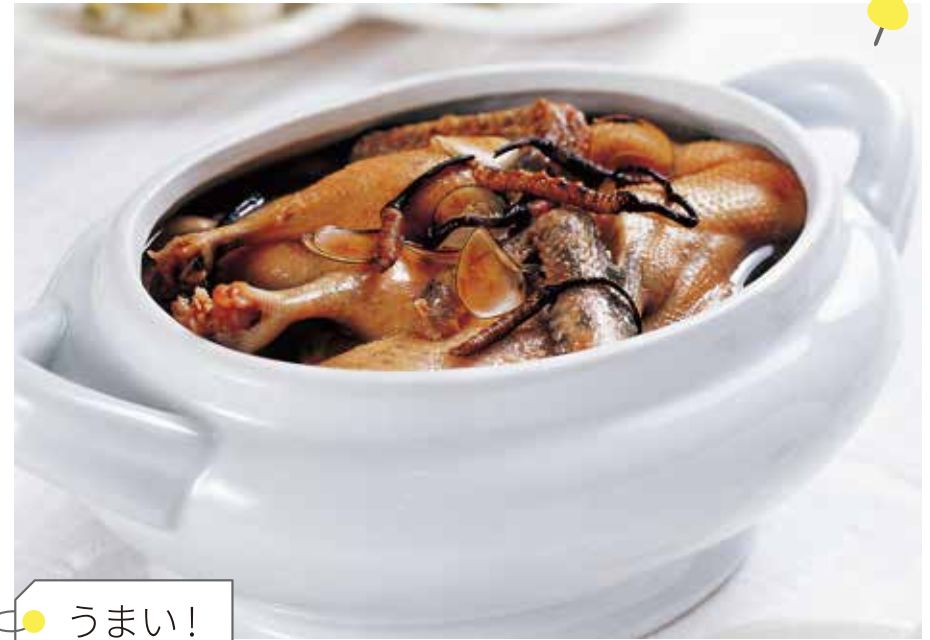
METHOD:

1) Wash clean White Fungus & soak until soften. Then set it aside for later use. Clean Red Dates & cut each with a few cuts. Rinse & clean Lotus Seed & discard interior. Soak Lily & wash it clean.

2) Put all prepared ingredients into the pot & add suitable amount of water. Place the pot into the main body & stew for 1.5 hours.

3) Add in Rock Sugar when stewing is completed.

BENEFITS: This soup strengthens the spleen & torifies the lung. It also nourishes the QI & blood.

材料: 银耳100克、莲子、百合、红枣各适量、山药50克、冰糖适量

做法:

1. 银耳洗净泡开备用;红枣洗净,划几个刀口;莲子泡发,洗净,去心;百合泡发,洗净。

2. 将准备好的材料放入内胆中,加适量水,将内胆放入隔水炖盅内, 炖约1.5小时。

3. 炖好后放入冰糖调味即可。

点评: 此甜汤有健脾补肺、补气和血的功效。

ANTLER, CORDYCEPS STEWED WITH DUCK

鹿茸虫草炖水鸭

うまい！

INGREDIENTS: 1 Whole Duck, Pork 200gm, Ham 20gm, Raw Ginger 2 slices, Cooking Wine 3gm, Salt 2gm.

METHOD:

1) Wash & clean the Duck & cut into pieces. Cut Pork & Ham into small pieces. Clean Antler & Cordyceps.

2) Parboil the duck & Pork, drained it. After draining, put them into the pot. Add in Ham,Cordyceps, Antler, Ginger slices, Cooking Wine & water. Place the pot into the main body & stew for 2.5 hours.

3) Add Salt for seasoning after stewing.

BENEFITS: This soup clears heat & nourishes the lung. It strengthens the constitution.

材料: 水鸭1只、猪肉200克、火腿20克、生姜2片、料酒3克、食盐2克

做法:

1. 水鸭洗净切块;猪肉、火腿洗净切粒;虫草和鹿茸洗净。

2. 将水鸭、猪肉汆烫后捞出,放入内胆中,再加入火腿、虫草、鹿茸、姜片、料酒和水,将内胆放入隔水炖盅内,炖约2.5小时。

3. 炖好后,加盐即可

点评: 此汤有清凉润肺、强身健体的功效。