

## 冰糖燕窩 Bird's Nest with Rock Sugar Recipe

SERVINGS: 1-2 人份量

TIME 時間: 2 hrs/小時

3 克	燕窩	3g	dried bird's nest
6 克	枸杞	6g	goji berries
6 克	桂圓肉	6g	dried longan
30 克	冰糖	30g	rock sugar

### 做法

1. 燕窩用水浸透、镊去燕毛、撕成条状，枸杞子、桂圓肉淘洗干净；
2. 将燕窩、枸杞子、桂圓肉连同 1 碗沸水倒进炖盅，炖盅加盖，隔水炖之；
3. 待锅内水开后，先用中火炖 1 小时，加入冰糖后再用小火炖 1 小时即可；
4. 炖好后取出，温后服食。

### Directions

1. Soak the bird's nest in water, pick out any leftover swallow feathers (if any), and turn it into strips. Thoroughly rinse both goji berries and dried longan.
2. Put all the ingredients excluding the rock sugar and 1 bowl (approx. 8 oz) of boiling water into the stewpot. Add just enough water to cover the ingredients.
3. After the water comes to a boil, lower the flame to medium heat, cover, and let it simmer for 1 hour. Add in the rock sugar after 1 hour and simmer for another hour on low heat.
4. Serve warm and enjoy.



Coveted for its rich proteins and minerals, taking bird's nest regularly helps stimulate the appetite, invigorate the lungs and boost immunity. Bird's nest is particularly suitable for pregnant women. It is extremely rich in proteins and other nutritional elements like amino acids, mucin and lipids. This can significantly contribute to the healthy development of the fetus and the post-natal vigor of the mother.

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