

淮山薏米湯 Chinese Yam – Chinese Pearl Barley Soup Recipe

SERVINGS: 2-3 人份量

TIME 時間: 2.5 hrs/小時

30 克 淮山	30g Chinese dried yam
15 克 茯苓	15g fu ling
20 克 薏米	20g Chinese pearl barley (job's tears)
30 克 扁豆	30g bian dou
15 克 白朮	15g bai zhu
4 克 蜜棗	4 pc honeyed dates
半磅 瘦肉	½ lb lean meat

做法

1. 將茯苓、薏仁、扁豆、白朮與蜜棗等浸水 15 分鐘及洗淨。用另一碗水浸淮山 15 分鐘。
2. 冷水連豬骨一同煲滾，大火氽水 10 分鐘。
3. 將所有材料放進鍋裡，大火煲 10 分鐘後，轉中小火煲 2 小時，最後加少許鹽調味。

Directions

1. Place fu ling, pearl barley, bian dou, bai shu and honeyed dates in water and soak for 15 minutes. In another bowl, soak Chinese yam in water for 15 minutes.
2. Boil the lean meat on high heat for about 10 minutes.
3. Rinse soaked herbs, then add to them into the pot and boil on high heat for 10 minutes. Lower it to medium heat and simmer for 2 hours. Add salt to taste.



Chinese pearl barley is used in traditional Chinese medicine to help flush out toxins while Chinese yam help fight fatigue. Along with other ingredients this recipe is also great for reducing dampness.

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