

蓮藕豬脛骨 Lotus Root – Pork Neck Soup Recipe

SERVINGS: 3-4 人份量

TIME 時間: 4 hrs/小時

兩磅	豬脛骨	2 lbs	pork neck bone
一磅	蓮藕	1 lbs	lotus root
一湯匙	枸杞	1 tbsp	goji berries
一塊	魷魚乾(可選)	1 pc	dried squid (optional)

做法

1. 先把豬脛骨飛水。
2. 在開始煲湯前把蓮藕去皮然後切成大塊。
3. 將以上材料加入湯鍋里煮滾，滾後慢燉。燉至少 4 個小時。

Directions

1. Blanch the pork neck bones and set aside.
2. Peel the lotus root and cut it into large chunks.
3. Add all the prepared ingredients into a stock pot with water and bring it to boil. After it comes into a boil immediately turn it to a low simmer. Simmer for at least 4 hours before serving.



The lotus root soup is a staple dish in many Cantonese households during the Autumn season. It is perfect for all ages as a delicious way to nourish the stomach. We suggest including in a few pieces of cut dried squid for added flavor.

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