

木瓜雞腳湯 Papaya Chicken Feet Soup Recipe

SERVINGS: 3-4 人份量 TIME 時間: 4 hrs/小時

1個 木瓜 1 pc papaya

一把 花生 1 handful of raw peanuts

5-10 只 雞腳 5-10 pc chicken feet 半磅 瘦肉 ½ lbs lean meat

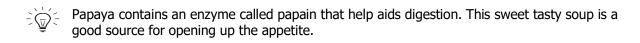
做法

1. 花生先用水泡一個小時。 同時將木瓜去皮, 切塊。

- 2. 將雞腳、瘦肉先過水。
- 3. 將全部湯料加入褒裡然後用明火煲 3 小時。

Directions

- 1. Soak the peanuts in water for an hour. In the meantime, peel the papaya (discard seeds) and cut it into chunks.
- 2. Blanch both the chicken feet and lean meat.
- 3. Add all the ingredients in a pot, bring the water to boil. Reduce to a simmer on medium heat for 3 hours.



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