

# Soup Recipes

## Broccoli Chowder

### Ingredients:

Broccoli	230 grams
Stock	2 cups
Egg white, beaten	3
Spring onion, diced	Small amount
Black fungus, soaked and shredded	Small amount

(Remark: 1 cup = 240 ml)

### Seasoning:

Salt	Small amount
------	--------------

### Sauce:

Corn flour	3 tablespoons
Water	$\frac{1}{2}$ cup

### Method:

1. Rinse broccoli. Cook in boiling water until done. Cut into small pieces.
2. Bring stock to boil. Add broccoli and black fungus. Stir in egg white. Season with salt. Thicken stock with corn flour sauce. Sprinkle with spring onion.

(Serves about 4 persons)



- Due to the high fat and salt content, canned stock is not recommended. Instead, clear broth can be made with lean pork or skinless chicken and visible fat should be removed before use.

# Pumpkin, Tomatoes, Red Beans and Lean Pork Soup

(Serves about 6-8 persons)

## Ingredients

Pumpkin	480 grams
Tomatoes	2 pieces (250 grams)
Red beans	40 grams
Dried tangerine peel	1 piece (approx. 3 grams)
Lean pork	320 grams
Water	As appropriate

## Seasoning:

Salt	Small amount
------	--------------



## Method:

1. Peel and core the pumpkin. Rinse and cut into thick chunks.
2. Rinse and cut the tomatoes.
3. Rinse and drain the red beans. Rinse the dried tangerine peel.
4. Rinse and blanch the pork.
5. Boil the water over high heat. Add in all the ingredients and bring to boil. Continue boiling over medium heat for 1.5 hours. Season to taste with salt.

## Nutrition Tips



- This soup is rich in vitamin A and dietary fibre. Part of the pumpkin will become mushy in the soup. When eaten together with the tomatoes and red beans, the soup can help increase the energy and nutrient intakes.
- Besides red beans, dried beans like soy beans and black-eyed peas, etc. can be added to increase the soluble fibre content.

# Snakehead Mullet Soup with Apples and Water Chestnuts

(Serves about 8-10 persons)

## Ingredients

Apples	4 medium
Water chestnuts	8 pieces
Snakehead mullet (or other types of fish)	450 grams
Pork shank	300 grams
Dried tangerine peel, soaked	1 piece
Ginger	2 slices
Water	12 cups

(Remark: 1 cup = 240 ml)

## Seasoning:

Salt	small amount
------	--------------



## Method:

1. Peel apples and remove seeds. Rinse and cut into large pieces.
2. Wash pork shank and scald.
3. Dress and rinse fish. Wipe off excess water. Fry to golden brown with ginger.
4. Boil 12 cups of water in pot with all ingredients over high heat for half an hour. Switch to medium heat for another hour. Season with salt and serve.



- Fish can be put in a soup bag before cooking to reduce the risk of choking among children.

# Chayote, Flathead Fish, and Lean Pork Soup

(Serves about 6-8 persons)

## Ingredients:

Chayote	640 grams
Lean pork	160 grams
Fox nuts	40 grams
Flathead fish	240 grams
Vegetable oil	1 tablespoon
Ginger	2 slices
Water	As appropriate

## Seasoning

Salt	Small amount
------	--------------



## Method:

1. Rinse and cut the chayote into wedges.
2. Rinse and blanch the pork. Rinse and drain the fox nuts.
3. Wash the fish. Fry the ginger with oil in a non-stick wok / pan and fry both sides of the fish until golden.
4. Boil the water over a high heat. Add in all the ingredients. Bring to boil, then turn to low heat and continue boiling for 2 hours.
5. Season to taste with salt.



- Fish and lean pork are rich in protein. Those who do not have a good appetite are advised to also eat the soup ingredients to increase the nutrient intake.
- Ginger can be added to the soup to mask the fishy taste of the soup for those who do not like the fishy taste.
- Fish can be put in a soup bag before cooking to reduce the risk of choking among children.

# Chinese herbal soup (“Ching Po Leung” soup) with lean pork

(Serves about 4 persons)

## Ingredients:

"Ching Po Leung" soup mix 1 packet  
Lean pork about 160g  
Water 7 to 8 glasses

(Remark: 1 glass is about 240ml)



## Method:

1. Wash the lean pork, then blanch it in hot water. Set aside.
2. Wash all the ingredients in the "Ching Po Leung" soup mix packet. Set aside.
3. Pour water into the pot and add all the ingredients.
4. Bring all the ingredients to the boil over high heat, then simmer over medium heat for 2 hours and serve.

## Corn and carrot soup with chayote and lean pork

(Serves about 4 persons)

### Ingredients:

Corn	1 stalk
Carrot	1
Chayote	1
Lean pork	about 160g
Dried dates	2
Water	7 to 8 glasses

(Remark: 1 glass is about 240ml)



### Method:

1. Wash the lean pork, then blanch it in hot water. Set aside.
2. Wash the dried dates. Set aside.
3. Peel the carrot and husk the corn. Wash and cut them into slices. Set aside.
4. Wash and core the chayote. Cut it into sections and set aside.
5. Pour water into the pot and add all the ingredients.
6. Bring all the ingredients to the boil over high heat, then simmer over medium heat for 2 hours and serve.