

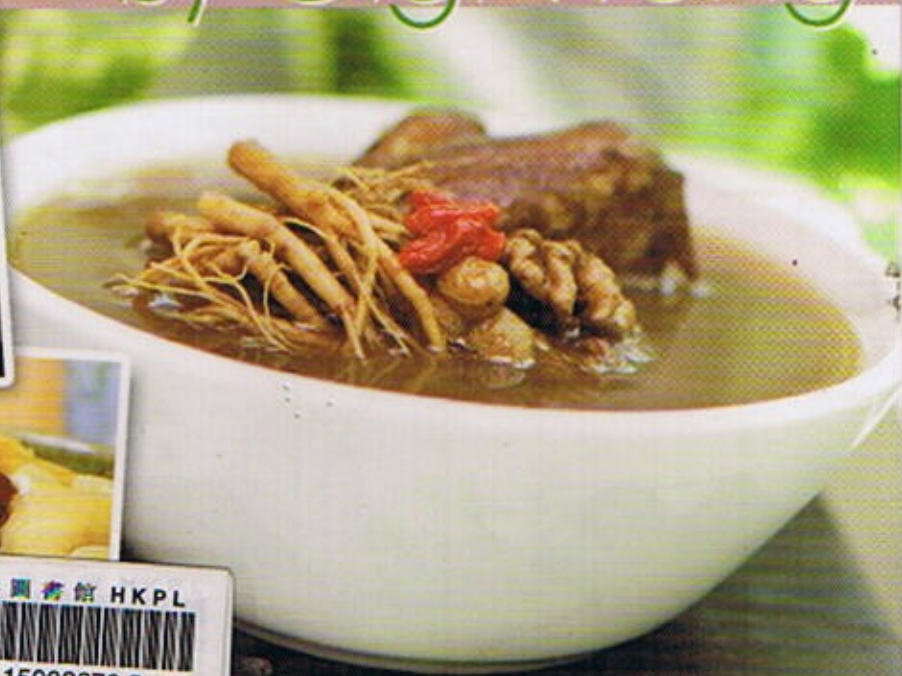
黃淑儀

吾湯

情濃

Soups

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煲湯方法

METHODS OF COOKING SOUP

煲湯分為多種方法，但廣東人最常熬的老火湯需用上3至4小時，如果時間不足，用十多二十分鐘將材料煮熟的湯即稱為「滾湯」。

煲老火湯與滾湯不同，除要了解食物的質地，還要控制火候，較難軟身的材料要先下鍋煮，容易煮爛的要後下。將火候控制得宜，一鍋靚湯便大功告成。

原汁原味的燉湯通常花上四、五個小時熬製，限於容量，一般家庭較少燉湯。

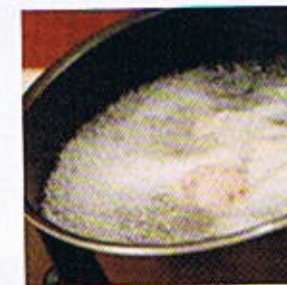
燉湯，也是煲湯的方法之一，但只限於商業用途。說實話，也只限於在中國大陸才有機會見識到燉湯的方式！一燉就是八至十個小時，每次三十煲，哪個家庭會選用燉爐呢？

煲湯的主要材料，離不開以下幾類：

- (一) 飛禽：鵪鶉、鴨、雞、鷓鴣、鸚鵡。
- (二) 肉類：豬骨、瘦肉、牛腩、火腿、羊腿等。
- (三) 海產：響螺、魚、鱔、水魚等。
- (四) 野味：蛤蚧、山雞等。

無論用那種材料煲湯，本身有異味、有血水的，最好以薑及滾水煮一會，稱為「飛水」。帶有腥味的魚，可用薑及油煎一會；又因魚有刺或材料太雜、太碎，可以放進紗布袋內才下鍋熬，以免喝湯時刻傷喉嚨。

煮蔬菜湯前，應該先待水滾才放入蔬菜材料，否則湯會苦澀。



陳皮 Dried Tangerine Peel

當親友知道我去新會拍攝「吾湯吾水」時，每一個人都託我買陳皮。原本只知道新會陳皮出名，可沒想到陳皮的受歡迎程度會如此高！

未造訪陳皮店前，先到種新會柑的果園。園主陳伯正赤腳在抽水煙，有型有款！當他知道外景隊來了，暫且放下享受，頂着烈日，帶我們去參觀他的果園。

最令他引以為傲的，是他那片原裝正版的柑樹田。原來，近年來新會柑樹都接了檸檬枝，接了枝的柑樹，長得特別快。當然，利潤也會提高囉！

保留正宗、未經接枝的新會柑樹，其樹幹是乾乾淨淨，沒有刀痕的。

買橙、買柑要揀薄皮的，揀陳皮也要揀皮薄、輕身、有「眼」的。所謂「眼」，是指柑皮內清清楚楚看到的小孔，韌就不會厚，更不易受潮，曬乾後的陳皮要擲地有聲的才叫好，最後當然要嗅到陣陣陳皮香才算上等陳皮。

一般陳皮曬兩天就會乾。叫得做陳皮，當然是愈陳愈好，收藏兩年的有之，收藏三十年的也有，陳皮愈舊愈香，療效愈好。陳皮的價格相差也很大，價錢最平的幾塊錢一斤，兩年的幾拾元一斤，三十年以上的要六千多元一斤。最靚的陳皮叫冬至皮。黃松亮老闆解釋在每年冬至前後十日收成的新會柑為最靚（超過十日，柑就會爛）。在這個時間取柑皮曬陳皮，味道便特別香濃。下次買陳皮時，指定要冬至皮，就知道你是識貨之人了。

陳皮在中國湯水中是百搭材料，有順氣、化痰、止咳的功效，而功效在於皮面上的青皮油脂部分，而白色部分既寒涼又無止咳化痰功效，所以食譜在介紹陳皮時，都會說將韌刮掉，就是這個原因了。



When my friends and relatives knew that I would go to Xin Hui to shoot *Secrets of Soups*, everybody asked me to bring some dried tangerine peel for them. I knew dried tangerine peel from Xin Hui was famous but I don't know it is that popular!

Before visiting shops selling dried tangerine peel, we visited tangerine farm in Xin Hui. Chen, the owner, stopped smoking and show us the way when he saw our crew.

His real tangerine farm is surely his pride. Many tangerine trees in Xin Hui were grafted with lemon and they grow faster. Of course the profit margin is higher too!

Those pure-bred Xin Hui tangerines without grafting have clean branches without marks.

Choose oranges and tangerines that have thin peels and succulent flesh. For dried tangerine peel, choose those with thin peel, light in weight and have "eyes". "Eyes" are the clearly seen little pores on the peel. Good tangerine peels make a crispy sound when they fall on the ground and they with a strong smell.

In general, dried tangerine peel was dried for 2 days. But old aged peel is better in terms of taste and medicinal value. Some have been stored for 2 years while some for 30 years. The price can vary a lot, depending on its age. It can be as cheap as several dollars per catty. On the other hand, it can cost as much as 6,000 dollars for those over 30 years old. The best dried tangerine peel is called winter solstice peel. The boss Huang Song Liang explained that best peel was collected in the 10 days around the winter solstice (the tangerine would not after 10 days). And those peels are especially flavourful. To be a discerning customer, buy winter solstice dried tangerine peel.

Dried tangerine peel is a wild-card in Chinese soups. It eases shortness of breath, expels phlegm and stops coughing. The curing effect lies in the green oily layer on the surface and the white pith is considered Cold in nature without any medicinal value. Thus the pith has to be scraped off in most recipes.



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陳皮止咳湯

Dried Tangerine Peel Cough-stopping Soup

材料 INGREDIENTS

陳皮：1個（浸軟、刮去瓤）

南北杏、川貝：各1兩（洗淨略浸）

蜜棗：3粒

白芥子：1兩（用白鑊略炒）

水：12杯

1 dried tangerine peel (soaked until soft and with the pith scraped off)

38 g bitter and sweet almonds (rinsed and soaked for a while)

38 g Chuan Bei (rinsed and soaked for a while)

3 candied dates

38 g Bai Jie Zi (stir-fried in dry wok)

12 cups water

做法 METHOD

水滾後，加入所有材料，滾10分鐘後改用中慢火煲1 1/2小時即成。

Bring water to the boil. Add all ingredients. Cook over high heat for 10 minutes. Reduce to medium-low heat and cook for 1 1/2 hours. Serve.



Remark:

- 此湯用藥雖簡單、經濟，但有止咳、順氣化痰的功效。
- This soup uses simple and economical ingredients but is effective for stopping cough, improving the Qi and expelling phlegm.

白果 Gingko

白果，它有一個好優雅的名字——銀杏。

在桂林的街道兩旁、公園內、山野間，都不難發現白果樹的蹤跡。

白果樹的葉子特別嫩綠！形態可愛，仔細看，不難發現它們的中間沒有葉脈，而形狀亦略有不同。原來白果樹是分雌、雄的！

雌樹的葉子有缺口，而雄樹的葉子則完整無缺。

敲去白果的硬殼，有一層啡紅色的薄衣，包裹着飽滿多汁的果肉，它可用來煲湯、做菜或做甜品如白果芋泥。

原來白果在遠古時代被視為上等的乾果，在宋朝時更被視為貢品，可見白果的地位超然！

白果含有粗脂肪、粗蛋白、多種維生素，味甘苦澀性平，具有斂肺定喘、止咳、止小便頻繁的功效，對於治療哮喘痰嗽、尿頻、白帶、無名腫毒、酒糟鼻等都有一定的療效！

白果雖然有微毒，不過煮熟後就可以去毒性，但縱使喜歡，亦不宜多吃，只要明白到任何食物吃多了都會有反效果，就應適可而止！

It is easy to find ginkgo trees on the streets, parks and hills of Gul Lin province.

Ginkgo leaves are soft and green. They look lovely in different shapes and they have no veins. Ginkgo trees are unisexual and there are male and female!

Female leaves have indents while male leaves have not.

With the hard shell removed, there is a thin layer of brown coat that cover the fleshy and juicy ginkgo. It can be used for making soups, main dishes or desserts such as *Taro Paste with Shelled Ginkgoes*.

In the ancient time, ginkgoes were regarded as premium dried fruits and were given as a precious tribute to the emperor in the Sung Dynasty. The status of ginkgoes is superior!

Ginkgoes contain fat, protein and various kinds of vitamins. They taste slightly sweet and bitter and are neutral in nature. They nourish the Lungs, ease shortness of breath, stop coughing, improve frequent urination, cure asthma, phlegm, leucorrhea, unknown swells and acne rosacea effectively.

Although ginkgoes are slightly poisonous, cooking can remove its toxins. But do not eat much even you like them. Serving too much of any food would have the opposite effects!



白果豬肚湯

Pork Tripe Soup with Gingkoes

材料 INGREDIENTS

豬肚：1個（看下图，用油及生粉重複清洗多次以去除異味、飛水）

瘦肉：半斤（飛水）

白果：4兩（去殼）

腐皮：2塊（用乾布抹淨）

洋薏米：5錢（洗淨、略浸）

胡椒粒：1湯匙

水：18杯

1 pork tripe (washed with oil and caltrop starch for several times to remove an unpleasant smell, and then scalded)

(as shown in below pictures)

300 g lean pork (scalded)

150 g shelled ginkoes

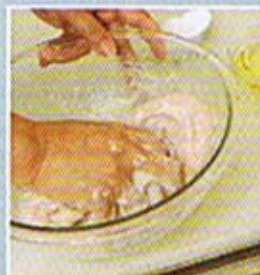
2 dried beancurd sheets (wiped with a dry cloth)

19 g Job's tears

(rinsed and soaked for a while)

1 tbsp white peppercorns

18 cups water





做法 METHOD

1. 水滾後，先放入白果和豬肚，待白果衣浮起，即可撈走，然後加入其餘材料，待再滾約數分鐘，改中慢火煲3小時。
 2. 下鹽調味即可飲用。
1. Bring water to the boil. Put in shelled ginkgoes and pork tripe. Cook until ginkgoes peels float on the surface. Skim off ginkgoes peel. Add the remaining ingredients. Cook over high heat for several minutes. Reduce to medium-low heat and cook for 3 hours.
 2. Season with salt. Serve.



Remark:

- 此湯有利水通淋、治咳的功效。
- This soup promotes urination and lymphatic circulation while alleviating coughing.

羅漢果

Luo Han Guo

以前拍戲因工作時間長、睡眠少，精神恍惚，常感喉乾、口淡，卻沒有時間去見醫生，只能剝一小片羅漢果加幾朵杭菊泡茶喝，喝後口腔感覺甘甜！對羅漢果的認識僅此而矣！

這次到廣西，跑到處於深山的羅漢果種植場，才知道羅漢果要種在濕氣較重的山區。因為羅漢果是葫蘆科多年生植物，要依附在棚架上，而我到的羅漢果種植場內的棚架只有五呎高，進入後要彎着腰行。據說，待秋天結果後就隨手摘到，方便得很呢！

記得那天，我們一早乘車兩小時抵達現場，因山路崎嶇，下車後我們還得走一段小徑。大雨後山路泥濘，幸好我穿了雙雨鞋，縱使滿腳泥濘，也可在草叢中上下磨擦就可把泥濘擦掉，可憐攝製隊的同事穿的球鞋，走過這一段路也就此報銷了！

更可怕的是，那個環境、那種天氣悶得可怕，還得應酬蚊子，要讓牠們飽餐一頓！我們一班同事，個個都要受皮肉之苦，無一倖免！這都是拍攝背後的辛酸！

羅漢果的藥用價值高，可以止咳化痰、潤肺、清熱，用來煲湯，有一種甘甜的口感。

剝開羅漢果，除了脆薄的外殼，內裏的核及髓全部都可食用，不過脆薄的外殼是果實最甜的部分。聽說因為新鮮的果實實在太甜，所以並不可當水果吃。今日我們在中藥店或雜貨店買到的羅漢果，都是經過烘乾的過程！下次煲西洋菜或菜乾湯，記得放半個羅漢果，好好品嚐羅漢果的甘甜吧！



When I was an actress, I worked long hours everyday and slept very little. I found it hard to concentrate and I had dry throat and a retarded sense of taste. Usually I did not go to see doctors and just made a cup of tea with a small slice of Luo Han Guo and several chrysanthemums. Then my mouth became slightly sweet and I felt good. This is the only thing I knew about Luo Han Guo.

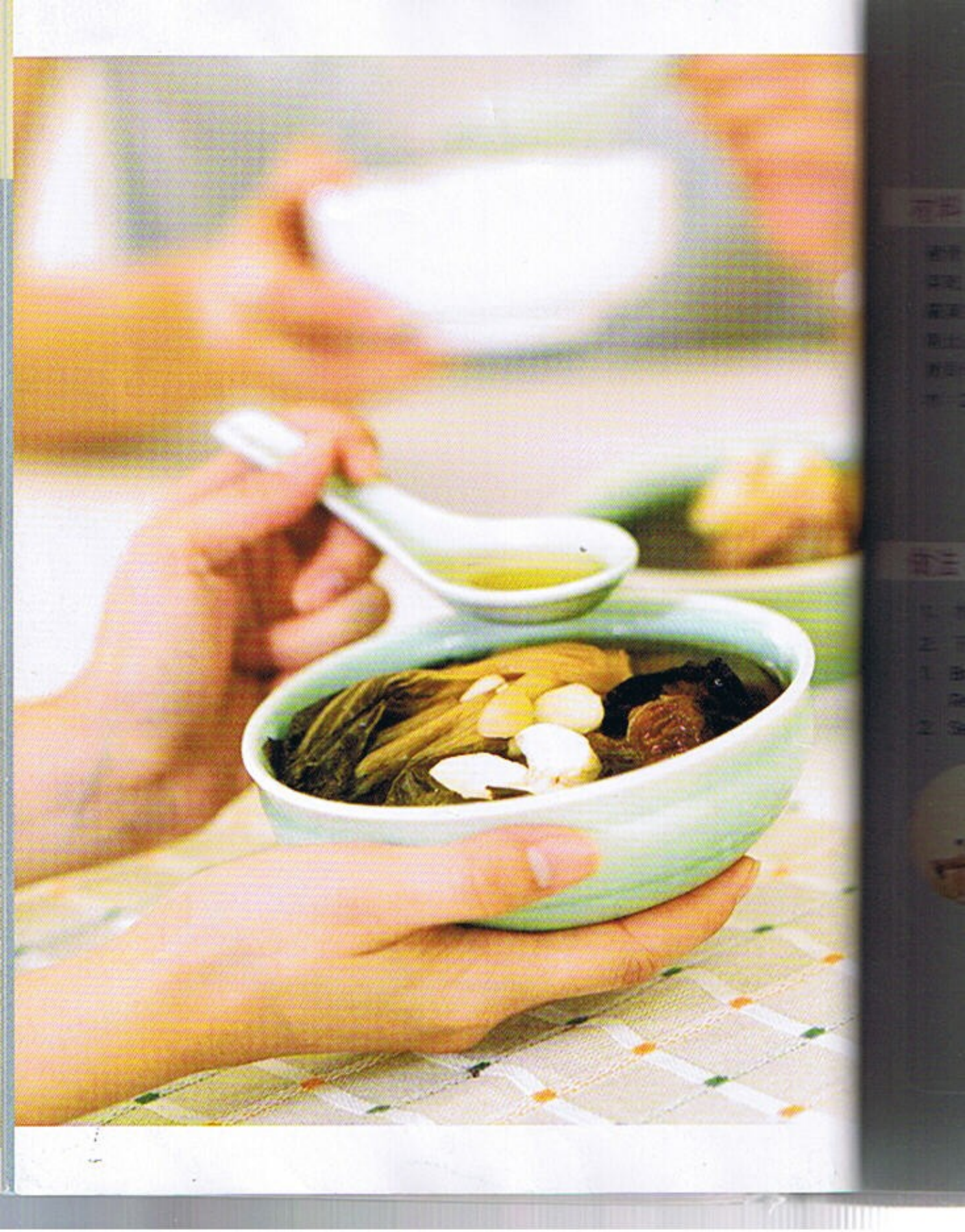
This time we went to Guangxi province to visit Luo Han Guo farm at a remote location. I knew that Luo Han Guo needs to be grown in damp hills. Luo Han Guo is a type of perennial vegetable marrow that crawls along sheds. As the farm I visited had sheds about 5 feet tall, I had to bow when I walked in the farm. We were told that the fruit grows in autumn and we can pick a whole bunch easily then.

We woke up early and it took 2 hours to go to the farm by car. As the hill was steep and rugged, we need to walk along a small path after getting off the car. The path was muddy after heavy rain and luckily I wore a pair of latex boots so that I could clean them by rubbing in the grass. However my colleague wore sports shoes that were totally wrecked by the end of the day.

The damp and hot weather without any wind is even tougher than the muddy road. Except busy wiping off sweat, we were busy dealing with mosquitoes. We were all bitten no matter what we do! These are the pains behind the scene!

Luo Han Guo has high medical value. It stops cough, expels phlegm, nourishes the Lungs and removes Heat. It tastes quite sweet too.

Except the thin and brittle shell, the whole Luo Han Guo including the seeds and pith is edible. But in fact the thin and brittle shell is the sweetest part. I heard fresh Luo Han Guo is too sweet that it cannot be served as fruits. Those we bought in Chinese herbal stores or grocery stores were baked dry. Remember to put 1/2 Luo Han Guo when cooking watercress or dried Chinese white cabbage soups next time for the irresistible the sweetness of Luo Han Guo.



羅漢果菜乾湯

Dried Luo Han Guo and White Cabbage Soup

材料 INGREDIENTS

豬骨：1 1/2 斤（飛水）	900 g pork bones (scalded)
菜乾：3 兩（浸軟、洗去沙粒、剪成小段）	113 g dried Chinese white cabbage (soaked until soft, rinsed out sand and cut into small sections)
羅漢果：1/2 個	1/2 Luo Han Guo
南北杏：2 兩（洗淨、略浸）	75 g bitter and sweet almonds (rinsed and soaked for a while)
浙貝母：5 錢（洗淨、略浸）	19 g Xi Bei Mu (rinsed and soaked for a while)
水：20 杯	20 cups water

做法 METHOD

1. 水滾後，放入所有材料，待滾 10 分鐘後調至中慢火煲 3 小時。
2. 下鹽調味即可飲用。
1. Bring water to the boil. Add all ingredients. Cook over high heat for 10 minutes. Reduce to medium-low heat and cook for 3 hours.
2. Season with salt. Serve.



Remark:

- 此湯有化痰止咳的功效。
- 浙貝母於藥材店有售，價錢便宜，有疏肺、止咳功效。
- 可加一棵大白菜同煲，菜乾的分量則需減一兩。
- This soup helps expel phlegm and stop coughing.
- Xi Bei Mu can be bought in Chinese herbal shops. It is rather cheap and it helps the normal functioning of the Lungs and stops coughing.
- If long Napa cabbage is available, use it to replace 38 g of dried Chinese white cabbage.

蛤蚧 Dried Gacko

在「吾湯吾水」鏡頭前拿着一隻活生生的蛤蚧唸對白，實在經典！

平生最怕爬蟲類動物，每次見到四腳蛇、毛蟲、蛇等，都彈跳九丈遠。偏偏這次拍攝「吾湯吾水」，就有不少爬蟲類小傢伙來折磨我。

身為一個專業演員，我先要克服心理障礙，再希望導演纔開一面，不要叫我去捉。誰知攝製隊裏那位昂藏六呎的副導演Leo比我還「蛇kueh」，連看都不敢看。就算我與臨時演員拍攝沿途尋找蛤蚧的鏡頭，他都不見了蹤影，慶幸有個比我更「流」的人，起碼有人比我更膽小！

誰知，到了拍攝捕捉的一刻，Leo竟然拿着一隻蛤蚧到我面前說：「Gigi姐，原來戴着手套，也不算太噁心！」嘿！這小子居然向我挑戰！

迫於無奈，我要工作人員為我挑一隻比較乖、比較嫩的蛤蚧讓我拿着，而那隻小東西本來是放在地上不爬，放在樹上也不動，我才膽敢把牠抓在手裏，誰知我一唸對白，好傢伙，他竟然彈跳起來，當堂嚇得我亂了方寸，幸好只有兩句對白，匆匆把它唸完，便交差了。朋友看到那個不斷重播的預告篇，都佩服我的膽量哩！

原來蛤蚧有雌雄之分。雄蛤蚧皮粗、口大、身小、尾粗；雌蛤蚧則皮細、口尖、身大、尾小。但不管粗尾、小尾，蛤蚧的藥力在於尾部，所以購買時要注意，沒有尾巴的蛤蚧千萬不要買。

加工炮製的蛤蚧，四肢頸尾用竹撐直，雙眼被取走（因眼睛有毒，不能入藥）。如要用蛤蚧煲湯或製藥酒，先要除去竹片、刮鱗、剪去頭腳（可叫藥店職員代勞），沖洗乾淨便可用了。但要記住，蛤蚧是要配對的，每次都要雌雄同用才有藥效！



It is unforgettable to have a living gacko in my hand while I recite my scripts in the TV show *Secrets of Soups*!

I have a reptile phobia and I'd run away even if I catch a glimpse of anything similar to reptile, such as lizards, caterpillars and snakes. But the director was ruthless enough to torture me with many reptiles in shooting of *Secrets of Soups*.

As a professional actress, I need to overcome the psychological barrier hoping the director was kind enough not to ask me to touch them. Surprisingly the six-feet-tall assistant director Leo was more chicken than me as he can't even look at them. He disappeared when I was finding gackoes with other actors. I am happy that I am not the most timid!

When we were about to shoot the catching sequence, Leo held a gacko in his hand and said that it was not that terrible when he's wearing gloves. How dare he challenged me!

The crew helped me to find a quiet gacko for shooting. It did not crawl at all. However when I held it in my hand in front of the camera, it jumped up and scared me. I finished the shot hurriedly. My friends admired me when they saw that shot played repeatedly on trailers.

Dried gackoes are categorized into male and female. Male ones have coarse skin, big mouth, small body and thick tail while female ones have smooth skin, sharp mouth, large body and small tail. No matter thick or small, the medical effect of gacko concentrates in the tails and do not buy gackoes without tails.

Preserved gackoes are fixed by bamboo between the limbs and head with eyes removed as they are poisonous. For making soup or wine infused with gacko, remove the bamboo, scale, cut off the head and legs (you can ask herbal shopkeepers to do it) and rinse. Remember to use male and female gackoes together every time for the best curing effect.



蛤蚧補肺湯

Gacko Lung-tonifying Soup

材料 INGREDIENTS

瘦肉：1斤（飛水）

蛤蚧：1對（去頭、去爪、略浸、切塊）

川貝、海底椰、南北杏：各5錢

蜜棗：4粒

陳皮：1/4個（浸軟、刮去瓤）

水：20杯

600 g lean pork (scalded)

1 pair dried gacko (1 male and 1 female)
(heads and nails removed, soaked for a while
and cut into pieces)

19 g each of Chuan Bel, sea coconut,
bitter and sweet almonds

4 candied dates

1 quarter dried tangerine peel (soaked until
soft and with the pith scraped off)

20 cups water

做法 METHOD

1. 水滾後，放入所有材料，滾10分鐘後，改調中慢火再煲3小時。
2. 下鹽調味即可飲用。
1. Bring water to the boil. Add all ingredients. Cook over high heat for 10 minutes. Reduce to medium-low heat and cook for 3 hours.
2. Season with salt. Serve.



Remark:

- 此湯有化痰止咳、清潤補肺的功效。
- This soup expels phlegm, stops cough, nourishes and tonifies the Lungs.

霸王花

Night Blooming Cereus

「曳搖共對輕舟飄，互傳誓約慶春晚……」泛舟湖上，與我共對的，是一組攝製隊，鏡頭前，我要裝作四處尋找種在山岩上的霸王花。說真的，我這個土包子還真的未見過一堆堆垂掛在懸崖峭壁，類似仙人掌的物體，原來就是霸王花。

雖然水分不足，土壤又不肥沃，但這花霸就是會周圍霸地盤，所以就叫做霸王花。

霸王花似曇花，在秋天的夜裏才開花，日間閉合，花色潔白，花不單美，還很清香。我們用來煲湯的霸王花是曬乾後的成果，有止咳祛痰的功效。可惜，一般在市面上買到的霸王花多數用硫黃熏過，有一股酸餸味，唯有多泡水，希望能把酸味沖走。

煲湯後的霸王花，有點滑溜溜的感覺，口感不錯，加上能去暗瘡，令皮膚更靚，心情當然更靚！

攝製隊同事得到肇慶旅遊局長的關照，買到特別優質清香撲鼻的霸王花，歡天喜地的帶着手信回家，有得向老婆、老媽子交差了！

"Row, row, row a boat....." I'm just rowing with a cameraman and I have to act as if I find some night blooming cereus grown on the volcanic rocks. Frankly, I have not seen such cactus-like things dangling on the steep cliffs which is the real appearance of blooming cereus.

Though there is not enough water and fertile soil, the night blooming cereus would try to stand on every inch of land.

Like epiphyllum, night blooming cereus would bloom at night in autumn with white flowers. The flowers close the petals during the day. They are dried for easy storage and we used them for making soup. They stop coughing and expel phlegm and still smell great after cooking! However, most of those available in the market were usually treated by sulphur and have a sulphuric smell. You have to soak and rinse them in water many times to remove the sulphuric taste.

Cooked night blooming cereus is slippery with a chew. It helps remove acnes and improve the skin texture.

The camera crew was so grateful that the Chief of Zhao Qing Tourist Bureau to buy refreshing night blooming cereus.

It is a good gift for the family!



霸王花潤肺湯

Lung-nourishing Soup with Night Blooming Cereus

材料 INGREDIENTS

瘦肉：1斤（飛水）

霸王花：2兩（浸透、洗去沙粒）

南北杏：2兩（洗淨、略浸）

陳皮：1/4個（浸軟、刮去瓤）

蜜棗：4粒

水：18杯

600 g lean pork (scalded)

75 g night blooming cereus (soaked until soft and rinsed)

75 g bitter and sweet almonds (rinsed and soaked for a while)

1 quarter dried tangerine peel (soaked until soft and with the pith scraped off)

4 candied dates

18 cups water

做法 METHOD

1. 水滾後，放入所有材料，煮滾 10 分鐘後，調中慢火煲 3 小時。
2. 下鹽調味即成。

1. Bring water to the boil. Add all ingredients. Cook over high heat for 10 minutes. Reduce to medium-low heat and cook for 3 hours.
2. Season with salt. Serve.



Remark:

• 此湯有清肺熱及止咳的功效。

• This soup is effective for removing Heat in the Lungs and stopping cough.

田 雞 Chinese Bullfrog

順着山溪向下走，水流緩慢多了，石澗中伏着帶有保護色、體積比田雞大的石蛤，樣子蠻可怕的！幸而有海浪、Y.V.、莉麗這批愛好大自然的年青人，帶備工具，陪我一起找，若不是他們經驗豐富，就憑我，恐怕半天都找不到一隻哩！

本來踏在溪澗中找石蛤，絕不算是件艱苦的工作，只是童年在廣州求學時，有一段可怕的回憶：我們隨學校下鄉勞動，在放中午飯時，我坐在田邊吃午飯，雙腳隨意放進溪水裏，誰知吃完飯，正想重投工作崗位，赫然發現雙腳鑽滿水蛭，狀甚恐怖，頓時嚇得嚎啕大哭，幸好有農夫在旁，吐下口水，就把水蛭拔了出來。那一幕，印象猶深，我怕自己會重蹈覆轍，所以每一步都驚心動魄！唉，演員不易當啊！

事後得知原來下過大雨，水蛭出現的機會不大。嘿！害我瞎擔心了好一陣子！

在香港找石蛤不易，我們且把田雞代替石蛤，煲個靚湯嘗嘗吧！

Walking downhill along the stream, we observed how the water flow turned slow. There were giant spiny frogs well camouflage among the stones. They are larger than Chinese bullfrogs and quite scary. Luckily, we met the nature lovers Hallang, Y.V. and Lily. They bring along their tools to help me catch the frogs. Without their experience, I am afraid that I cannot find a single frog all day!

It was actually not a hard task to find frogs in the streams but it just reminds me of my childhood trauma when I was studying in Guangzhou. One day I worked on the field with schoolmates. During lunchtime, I sat beside the field to have my lunch and put my legs into a stream. When I finished my lunch, I found my legs were covered with leeches and it was horrible. I cried loudly. A farmer spitted on my legs and pulled out the leeches for me. That scene is traumatic and I was afraid that it would happen again when I tried to find the frogs. That's why I was very careful about every footstep. It's not easy to be an actress indeed!

In fact leeches seldom come out after heavy rains. I worried too much!

It is not easy to find giant spiny frogs in Hong Kong and thus we use Chinese bullfrogs instead to make delicious soup.



田雞雪耳湯

Chinese Bullfrog and White Fungus Soup

材料 INGREDIENTS

瘦肉：12兩（飛水）

田雞：3隻（飛水）

雪耳：1兩（浸軟）

南杏：2兩（洗淨、略浸）

蜜棗：4粒

水：18杯

450 g lean pork (scalded)

3 Chinese bullfrogs (scalded)

38 g white fungus (soaked until soft)

75 g sweet almonds (rinsed and soaked for a while)

4 candied dates

18 cups water

做法 METHOD

1. 水滾後，加入所有材料，待滾10分鐘後改調中慢火，再煲2小時即可。
2. 下鹽調味即可享用。
1. Bring water to the boil. Add all ingredients. Cook over high heat for 10 minutes. Reduce to medium-low heat and cook for 2 hours.
2. Season with salt. Serve.



Remark:

- 此湯有清補作用，亦可潤肺化痰。
- This soup removes Heat and strengthens the body. It also nourishes the Lungs and expels phlegm.

冬瓜 Wintermelon



在新聞報道中，看到被水淹摧毀的農田，飄浮着一個個大冬瓜，真有點心痛。

不久前因拍攝「吾湯吾水」，我還喜孜孜的跑到田裏，抱着仍然掛在瓜棚的大冬瓜叫同事給我拍照。新鮮的大冬瓜還有刺手的瓜毛，刺得我呱呱大叫！誰也想不到一個月後，那偌大片來不及收割的瓜田，就毀在洪峰裏，多可惜，多心痛。

在中山果菜批發市場，我們特地配合冬瓜的卸貨時間，拍到疊得圍牆似的冬瓜陣。

冬瓜以深綠色、皮韌、重手，拍得卜卜響的為佳。

有人說冬瓜屬寒毒的瓜類，不宜多食，這只說對了一半。的確，體質虛弱，胃腸素有寒滯之人不宜吃冬瓜。但若身體發熱，尤其熱毒結聚於胃腸影響肝肺發熱，引致頭痛、口乾、便秘及小便呈黃色，多飲冬瓜老火湯則可清熱毒、消暑哩！

I was a bit sad when I saw a large wintermelon floating on flooded fields on prime time TV news.

Not long ago when I shot for *Secrets of Soups*, I was excited when I saw a large wintermelon hanging on the shed in the field and I asked my colleague to take photo for me as I hugged the wintermelon. The fresh wintermelon had thick hair on it and I hurt to hug it! It is a pity that the melon field was flooded a month later after I took this picture.

In the vegetable wholesale market of Zhong Shan, we managed to capture a spectacular scene on film: numerous wintermelons stacked to human height, just like a maze of wintermelon. Of course, it took much coordination to tie in with the right time when the wintermelons were unloaded, but it's worth it.

Premium wintermelons should have dark green and resilient peel. They should make a deep "pop" when patted gently.

Wintermelon is said to be Cold in nature and thus should not be eaten often. But this concept is only partially right. For those suffering from asthenia or bad appetite due to Coldness would be better off not eating wintermelon.

But those suffering from Heat related diseases should drink wintermelon long-boiled soup often to remove Heat and toxins. Symptoms of Heat nature include Hot Liver and Lungs due to Heat accumulated in the Stomach and intestines; headache, dry mouth, constipation and yellow urine.



冬瓜瑤柱湯

Wintermelon and Dried Scallop Soup

材料 INGREDIENTS

冬瓜：半斤（去皮、切粗粒）

雞肉：4兩（切丁，以1/4茶匙鹽、1/2

茶匙生粉、少許胡椒粉略醃）

洋火腿：2片（切丁）

火鴨肉：4兩（切丁）

瑤柱：2粒（浸透）

蝦仁：4兩（去殼後抹乾，以1/4湯匙

鹽、少許胡椒粉略醃）

草菇：4粒（切開一半）

冬菇：4朵（浸透、切粒）

蓮子：4兩（洗淨、略浸）

紅棗：6粒（去核）

夜香花：10多朵（用鹽水略浸）

水：6杯

300 g wintermelon (peeled and diced coarsely)

150 g diced chicken meat (marinated with 1/4 tsp salt, 1/2 tsp caltrop starch and ground white pepper)

2 slices ham (diced)

150 g roast duck meat (diced)

2 dried scallops (soaked in water until soft)

150 g shelled prawns (wiped dry and marinated with 1/4 tsp salt and ground white pepper)

4 straw mushrooms (each cut into halves)

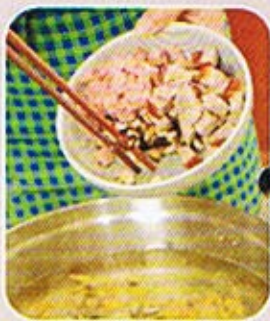
4 dried black mushrooms (soaked until soft and diced)

150 g lotus seeds (rinsed and soaked for a while)

6 red dates (stoned)

10 or more night-fragrant flowers (soaked in salty water for a while)

6 cups water



做法 METHOD

1. 水滾後，加入冬瓜、瑤柱、冬菇、蓮子及紅棗滾半小時。
2. 再加入洋火腿、火鴨肉及草菇滾約 10 分鐘。
3. 最後加入雞肉、蝦仁及夜香花，待 2 分鐘後即可下鹽調味享用。

1. Bring water to the boil. Add wintermelon, dried scallops, dried black mushrooms, lotus seeds and red dates. Cook over high heat for 1/2 hour.
2. Put in ham, roast duck meat and straw mushrooms. Cook for about 10 minutes.
3. Add chicken, shelled prawns and night-fragrant flowers. Cook for 2 minutes. Season with salt. Serve.



Remark:

- 這湯有消暑清熱的功效。
- This soup helps clear the Heat in the body and is a great treat in summer.

粉葛 Pueraria Root

記得拍攝珠首鳥的當天，我穿著水鞋，戴上手套，全副衝鋒陷陣的模樣。可是，當我回到酒店看「毛片」的時候，覺得自己跟農家們格格不入，人家赤了腳，挽起褲管，捲起衣袖(雖然其中一位姐姐穿了件玫瑰紅的過年衫準備出鏡)，但也切切實實的在田間工作，慚愧得很。所以，到了番禺靈山，要去拍攝粉葛的當兒，我就放棄了膠手套，準備融入他們的行列，落手落腳跟他們一起幹。結果呢，這次的農家姑娘卻帶了手套，穿了膠鞋，還說：「你這樣子是不行的，來，來，來，我給你一雙手套！」這一題真的是自作聰明了！

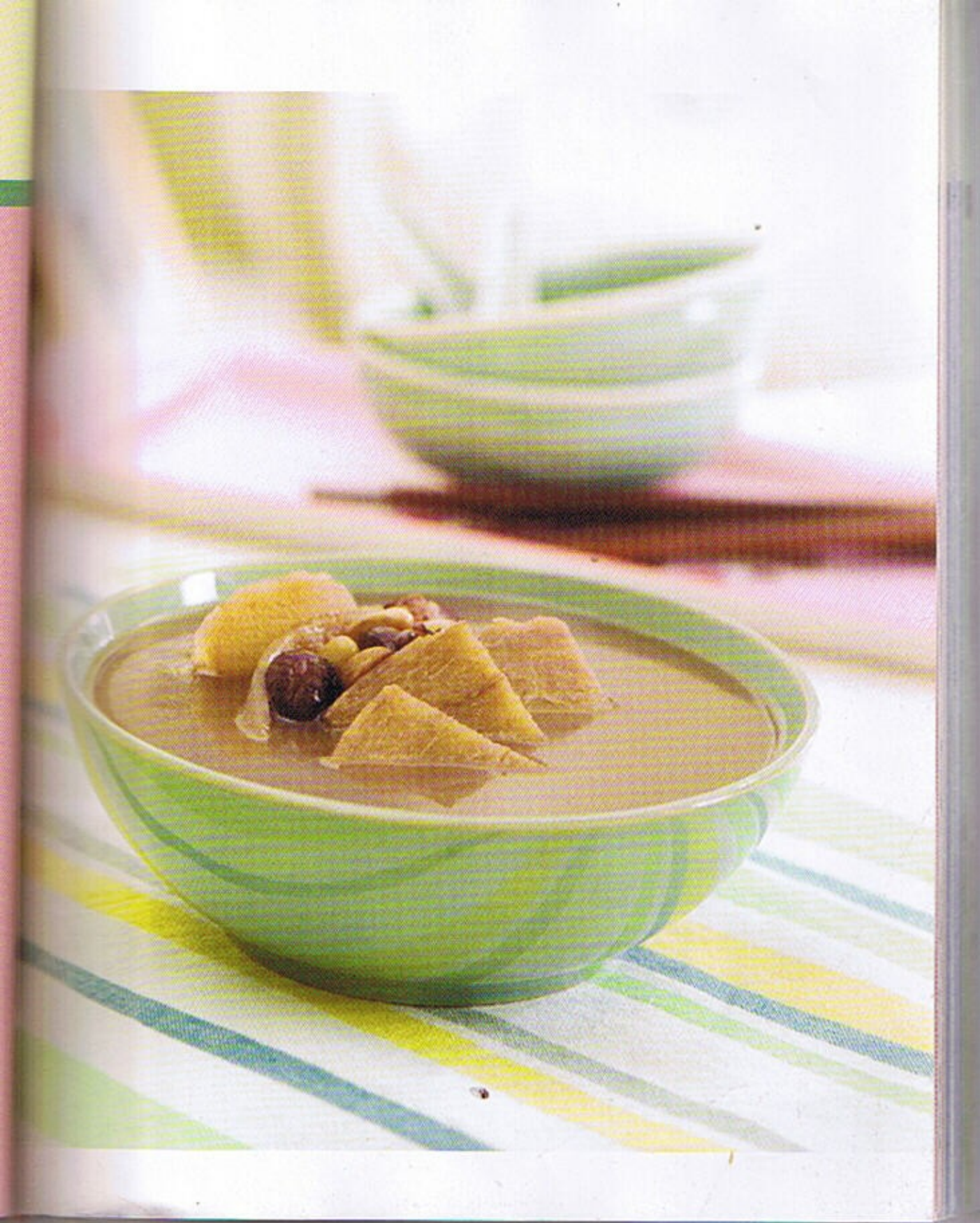
原來粉葛在每年八月收成，農夫們把粉葛收割後，除了部分拿到市集賣，剩下來的，會把它埋藏在濕漉漉的泥堆，泥堆上再蓋一張大膠布，這樣一來，粉葛可以保持它的濕度，不致被太陽曬乾，影響味道及口感，讓我們一年四季都可以買到粉葛煲靚湯。外景隊在番禺喝到的粉葛湯，是到今日為止，我吃到最嫩、最可口的粉葛。

粉葛味甘，性平，含豐富蛋白質及纖維素，有生津止渴、清熱除煩之功效，民間亦多用此治高血壓等症。

On the day of shooting Shou Wu, I wore latex boots and gloves. But when I got back to the hotel and watched the replay, I discovered that I looked odd and totally out of place with the local farmers. Everyone was barefoot with sleeves and trousers rolled up (though a lady intentionally put on a rose-red shirt for New Year) in the field. I felt a bit ashamed. So when we covered pueraria root in Lingshan city of Panyu I gave up the gloves and rolled up my pants to get even with the farmers. However, this time the local farmers wore gloves and latex boots and they even gave me a pair of gloves!

Pueraria roots are harvested in August every year. The remaining unsold pueraria roots would be buried in wet soil and a large plastic sheet would be laid on top. The water content in pueraria roots can be kept this way. It helps avoid the pueraria roots from drying up by sunlight that affects the taste and texture. That's why we can buy good pueraria roots all year round to make good soups. The pueraria root soup in Panyu was delicious and the pueraria roots were especially sweet and smooth. They are the most smooth and tasty pueraria roots I've ever had!

Pueraria roots taste slightly sweet and are neutral in nature. They are rich in proteins and fibres. They promote secretion of body fluids while remove Heat and ease anxiety. Some may use it to cure high blood pressure.



粉葛鯪魚湯

Dace Soup with Pueraria Root

材料 INGREDIENTS

鯪魚：2條（洗淨，煎至金黃色，放入魚袋內）

豬骨：1斤（飛水）

粉葛：1 1/2斤（去皮、切塊）

扁豆、赤小豆、蓮子、淮山：各1兩（洗淨、略浸）

紅棗：20粒（去核）

陳皮：1/4個（浸軟、刮去瓤）

水：18杯

2 dace (rinsed, fried in oil until golden brown and put into fish bag)

600 g pork bones (scalded)

900 g pueraria roots (peeled and cut into pieces)

38 g each of hyacinth beans,

small red beans, lotus seeds, and Huai Shan

(rinsed and soaked for a while)

20 red dates (stoned)

1 quarter dried tangerine peel

(soaked and with the pith scraped off)

18 cups water





做法 METHOD

1. 水滾後，放入所有材料，待滾 10 分鐘後，改鍋中慢火再煲 3 小時。
2. 下鹽調味即可。
1. Bring water to the boil. Add all ingredients. Cook over high heat for 10 minutes. Reduce to medium-low heat and cook for 3 hours.
2. Season with salt. Serve.



Remark:

- 此湯有降骨火的功效，輕微感冒者適用。
- This soup removes Heat in the bones and thus is suitable for those suffering from cold in the early stage.

荷 Lotus

望着偌大的一個荷塘，搖曳着翠綠的荷葉，屹立着一朵朵誘人的荷花，有盛放的、有含苞待放的，教人沉醉在那清風輕送荷花香的景況，久久不捨離去！

「吾湯吾水」的外景隊，在中山、江門的近郊都找到不同性質的蓮花池、荷花塘。對於一個在城市長大的人來說，這無疑是一幅絕美的圖畫。

對於荷花，我有偏愛。它有着出污泥而不染的高雅氣質，她的顏色、她的美態、她的清香，令人著迷。在炎夏看到荷花，已經有一種清涼的感覺！

荷葉嘛，最好在晨曦時看看露珠在荷葉上滾轉的動感。晶瑩活潑，可愛極了。說到荷葉食譜，我早就用她包裹荔枝蒸雞下飯，美味之至！原來在魚湯裏加幾片荷葉能有清暑解毒之功效！荷葉味甘、微苦、性平，具清熱消暑、散瘀止血、利尿等功效，更能幫助消化、治濕熱、風濕、瀉痢等！

此外，將薤梗磨成汁，加進湯內，也能增添湯的香氣。說到薤梗下的蓮藕，更加是我做菜、煲湯的好伙伴。

每次家裏請大客(起碼超過30人)，我都愛用薤藕燜五花腩或牛腩。除了美味，也因為薤藕不會像芋頭、蘿蔔或馬鈴薯般，燜的時間長了會「縮水」或會燜得稀爛，讓人看了不想舉筷。

而珍珠薤藕湯，亦是我的至愛。

看！一朵荷花有着數不盡的好處，荷花凋謝後的蓮蓬可入饌，蓮子可做口果、做甜品、做菜、做湯，可以說花樣多多。蓮子有補脾止瀉、益精固腎、養心安神之效。適量蓮心加入薤管內做月餅，有畫龍點睛之妙，除了能清熱解毒，更能增加薤蓉的甘甜。這個商業秘密，是我在溫哥華訪問一家餅店的老闆時，無意中發現的。

伴在薤蓬旁的花盤也能入饌，據說可以幫助產婦祛瘀血呢！噫！真不得了，荷花由頭到尾都能吃、能用、能觀賞，天下間還有一種植物比她生存得更更有價值嗎？



The large lotus pond is full of green lotus leaves swinging in the wind and charming lotus flowers. Some have fully bloomed while some were about to bloom. The fragrance of lotus flowers filled the air and no one wants to leave.

The crew of *Secrets of Soups* found different kinds of lotus ponds in the suburbs of Zhong Shan and Jiang Men. They were all irresistibly pretty for a city girl like me.

I love lotus flowers. They have the elegance of not being spoiled by the surrounding muddy soil and her colour, gesture and fragrance are all fascinating. Lotus flowers give a cool feeling in the hot summer.

The best way to observe the beauty of lotus leaves would be watching the dewdrops rolling on them at dawn. I used to wrap rice, lychees and chicken in lotus leaf. It is then steamed and it is yummy. Adding several lotus leaves in fish soups help remove Heat and toxins. Lotus leaves taste slightly sweet and slightly bitter. They remove Heat, heal bruises, stop bleeding, promote urination, help digestion, cure Dampness-Heat, rheumatism and dysentery.

Lotus stems can be crushed into juice. Put it into soup to enhance the flavour. The lotus roots connecting with the stems are my good partner of cooking dishes and soups.

I like stewing pork belly or beef brisket with lotus roots whenever I host a feast with more than 30 guests. It's not only tasty, unlike taro, radish or potato, lotus roots would not shrink or get mushy after long hours of cooking. Your guests can then appreciate both the taste and appearance.

Pearl and Lotus Root Soup is another of my favourites.

Thus every part of a lotus is useful even after its flowers have withered. Its seed pods can be used in dishes. Its roots can be used to make desserts, main dishes and soups. Lotus seeds strengthen the Spleen, stop diarrhea, tonify the Jing, invigorate the Kidneys and Heart, and calm the nerves. Putting appropriate amount of lotus cores into lotus seed paste helps remove Heat and toxins. It also enhances its sweetness.

Even the stamens of lotus can be used for cooking. It helps remove bruises and blood stasis among women after giving birth. It is unbelievable that the whole lotus plant is edible, usable and pleasing to the eyes. Is there any other more valuable plant on earth?



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荷葉消暑湯

Lotus Leaf Soup

材料 INGREDIENTS

瘦肉：1斤（飛水）	600 g lean pork (scalded)
乾荷葉：1塊（用熱水燙一燙）	1 dried lotus leaf (blanched in hot water for seconds)
赤小豆：2兩（洗淨、略浸）	75 g small red beans (rinsed and soaked for a while)
扁豆：2兩（洗淨、略浸）	75 g hyacinth beans (rinsed and soaked for a while)
青蒿：5錢（洗淨、略浸）	19 g Qing Gao (rinsed and soaked for a while)
蜜棗：4粒	4 candied dates
水：14杯	14 cups water

做法 METHOD

1. 水滾後，除了荷葉和青蒿外，放入所有材料，滾10分鐘後改用中慢火，待半小時後加入荷葉及青蒿，再煲1 1/2小時。
2. 下鹽調味享用。
1. Bring water to the boil. Add all ingredients except lotus leaf and Qing Gao. Cook over high heat for 10 minutes. Reduce to medium-low heat and cook for 1/2 hour. Put in lotus leaf and Qing Gao. Cook for 1 1/2 hours.
2. Season with salt. Serve.



Remark:

- 青蒿在中藥店有售，它有清熱、消暑和祛濕的作用。
- Qing Gao can be bought in Chinese herbal shops. It removes Heat and eliminates Dampness in the body.



蓮子雪耳湯

White Fungus and Lotus Seed Soup

材料 INGREDIENTS

瘦肉：12兩（飛水）	450 g lean pork (scalded)
蓮子、淮山、芡實：各1兩 （洗淨、略浸）	38 g each of lotus seeds, Huai Shan and fox nuts (rinsed and soaked for a while)
百合、洋薏米：各5錢（洗淨、略浸）	19 g each of dried lily bulbs, Job's tears (rinsed and soaked for a while)
雪耳：3錢（一小朵，浸軟）	12 g (1 small piece) white fungus (soaked until soft)
蜜棗：4粒	4 candied dates
水：18杯	18 cups water

做法 METHOD

1. 水滾後，除雪耳外，放入全部材料，待滾10分鐘後，改調中慢火續煲2至3小時。
2. 放入雪耳，再煲1小時。下鹽調味即可飲用。
1. Bring water to the boil. Add all ingredients except white fungus. Cook over high heat for 10 minutes. Reduce to medium-low heat and cook for 2 to 3 hours.
2. Put in white fungus. Cook for 1 hour. Season with salt. Serve.



Remark:

- 這是改良版的清補涼，有健脾的功效。
- This soup is an improved version of the classic recipe Ching-Po-Leung (meaning “clearing, supplementing and cooling in Chinese”) and it strengthens the Spleen.



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鯨魚蓮藕豬骨湯

Lotus Root Soup with Dried Octopus and Pork Bone

材料 INGREDIENTS

豬骨：1 1/2 斤（飛水）

蓮藕：3 節（去皮、切塊）

乾鯨魚：1 大隻（浸 2 小時、撕去薄膜）

黃豆、紅豆：各 2 兩（洗淨、略浸）

綠豆：1 兩（洗淨、略浸）

陳皮：1/4 個（浸軟、刮去瓤）

水：18 杯

900 g pork bones (scalded)

3 sections lotus roots (peeled and cut into pieces)

1 large dried octopus (soaked for 2 hours and teased off membrane)

75 g each for soy beans and red beans (rinsed and soaked for a while)

38 g mung beans (rinsed and soaked for a while)

1 quarter dried tangerine peel (soaked until soft and scraped off the pith)

18 cups water

做法 METHOD

1. 水滾後，放入所有材料，待滾 10 分鐘後，改調中慢火煲 3 小時。
2. 下鹽調味後即可飲用。
1. Bring water to the boil. Add all ingredients. Cook over high heat for 10 minutes. Reduce to medium-low heat and cook for 3 hours.
2. Season with salt. Serve.



Remark:

- 蓮藕及鯨魚均屬燥熱類材料，但加了三色豆同煲則起了中和作用。此湯有補血的效用。
- Lotus roots and dried octopus are of Hot nature but the three beans can neutralize the Hotness. This soup promote blood cell formation.