

# 三 乾 The "Three Dried"

何謂「三乾」？

順德鄉民智慧表現，將賣剩的冬瓜、粉葛及竹芋曬乾以備不時之需，即為三乾。

其實，我們常見的乾菜有白菜乾、蓮藕乾、乾百合、乾蓮子、紅蘿蔔乾、粟米乾、竹笙乾、雪梨乾等，任選其三，配與肉類，都可以煲作三乾湯。

這些曬乾了的植物，仍能保存它的清香，煲出的湯水，也能有其原來的風味。

拍完「吾湯吾水」，我曾專程重返順德，尋求三乾作材料。到過兩個街市，都不得要領，迫不得已下跑到海都酒家，找着行政總廚陳浩成，得他慷慨相贈，取得冬瓜乾、粉葛乾及竹芋乾回家煲湯。可能得來不易，所以那鍋湯也特別甜美。

原來這三乾，的而且確是當地鄉民的食物，所以在市區找不到，更何況在香港？但我卻很希望能夠用一些地道的材料，能隨時隨地煲一鍋靚湯！幸得陸醫師提點，就地取材，也來一道香港式的三乾湯，在消暑清熱之餘亦能清理腸胃，希望你喜歡。

What is the "three dried"?

It is the representation of the wisdom of Shun De villagers. They dried any unsold wintermelon, pueraria roots and yam for storage and they call them the "three dried".

Common dried vegetables include dried Chinese white cabbage, dried lotus roots, dried lily bulbs, dried lotus seeds, dried carrots, dried corns, dried Zhu Sheng and dried Chinese pears. Choose any of the above three and cook them with meat to make the "three dried" soup.

These dried vegetables keep their fragrant and the soup made from them still can taste like their original flavour in fresh state.

After shooting *Secrets of Soups*, I went to Shun De just to find the "three dried" as soup ingredients. I went to two markets but I couldn't find them. Then I sought help from the Chief Executive Chef of East Ocean Seafood Restaurant, Mr Chen Hao Cheng. He was so generous that he gave me some dried wintermelon, dried pueraria roots and dried yam. Maybe because I made so much effort in finding the ingredients, that pot of soup is especially sweet and tasty.

In fact, the "three dried" is village food and cannot be found in cities, let alone a cosmopolitan like Hong Kong. But I'm desperate to use local ingredients to make a pot of good soup any time I like. Here is a "three dried" soup in Hong Kong style suggested by Dr. Luk. It removes Heat while cleansing the intestines and Stomach. Wish you like it.



# 三乾清熱湯

## Heat-removing Soup with "Three Dried"

### 材料 INGREDIENTS

瘦肉：1斤（飛水）

雪梨乾：2兩（洗淨）

菜乾：4兩（浸透、去沙粒）

竹笙：1兩（浸透、剪去蒂部）

蜜棗：3粒

陳皮：1/2個（浸軟、刮去瓤）

水：20杯

600 g lean pork (scalded)

75 g dried Chinese pears (rinsed)

150 g dried Chinese white cabbage  
(soaked thoroughly to remove sands)

38 g Zhu Sheng (soaked thoroughly and  
removed the stems)

3 candied dates

1/2 dried tangerine peel (soaked until soft  
and scraped off the pith)

20 cups water



## 做法 METHOD

1. 水滾後，放入所有材料，煮滾 10 分鐘後改用中慢火煲 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:

- 此湯有消暑清熱、清腸胃之功效。
- This soup helps remove Heat and toxins in the intestines and Stomach.

# 燈芯草 Deng Xin Cao

大石有三寶：馬蹄、慈菇、燈芯草。

位於番禺北部的大石，到了每年的正月，農夫們忙於收割青蔥翠綠、又長又幼的燈芯草。見農夫左手攏住一大把燈芯草，右手用鐮刀一拖，燈芯草就乖乖的躺在他的懷裏。順手把雜草清掉，一排排的燈芯草就整齊的排列在田畛。

新鮮的燈芯草有兩呎長，工人用一個特製有勾的刀，輕輕一割，柔弱的燈芯就出現了。

教人憐愛的燈芯柔軟、脆弱；要把它繞成燈芯球，要有技巧才行！先將草在食指及中指間繞幾下，繞成一個球形，再用陰力把燈芯草固定。小姑娘巧手一繞，一個個小巧的燈芯草就做好了，但一百個燈芯球才賺到六元八角人民幣，還真費神費時哩！

燈芯草味淡、性寒，有清熱降火、利小便、去水腫的功效。孩子們多吃用燈芯草煲的白粥，可清除肝火、清理腸胃熱滯，性情也就會和順得多。

在「吾湯吾水」節目裏，以草龍配燈芯草煲出來的湯，有輕微鹽，但鮮甜，可惜在香港買不到活生生、大大隻的草龍。在此向各位推薦消暑、利水、祛濕的冬瓜扁豆燈芯草湯，適合一家老少飲用，材料全部可在中藥店買到。香港的夏季濕熱、鬱悶，記得多飲這個湯，一定可以幫到你。

Dashi county has three treasures: water chestnuts, arrow roots and Deng Xin Cao.

In the north of Panyu, farmers at Dashi are busy harvesting the long and thin Deng Xin Cao in every first month of Lunar year. But it seems like a easy task to them. They can separate the weed from the crop with just one smooth swing of the sickle.

Fresh Deng Xin Cao is about 2 inches long. Workers use a special sickle with a hook to harvest them gently.

Harvested Deng Xin Cao is soft and fragile and it takes some practice to turn it into ball. Wind it around the index finger and middle finger several times to weave it into a ball and then fix it. Local girls are specialized in making them but they can only earn RMB 6.8 with 100 balls. It's no easy money at all!

Deng Xin Cao has a mild flavour and is Cold in nature. It removes Heat in the body, promotes urination and eliminates swelling. Children who frequently have Deng Xin Cao congee don't have Heat in the Liver, intestines and Stomach, and they tend to have better temper.

In *Secrets of Soups*, the soup made with grass lizard and Deng Xin Cao had a slightly goatly smell but is very sweet. However live and large grass lizards cannot be bought in Hong Kong and I recommend another soup with Deng Xin Cao which is great for all ages. *Pork Bones Soup with Deng Xin Cao* chills summer Heat, promotes urination and removes Dampness in the body. All its ingredients can be bought in Chinese herbal stores. The weather in Hong Kong is damp and hot in summer. Remember to serve this soup frequently.



# 燈芯草豬骨湯

## Pork Bone Soup with Deng Xin Cao

### 材料 INGREDIENTS

豬骨：1斤（飛水）	600 g pork bones (scalded)
冬瓜連皮：1 1/2斤（切大塊）	900 g wintermelon (with peel on and cut into large pieces)
扁豆、赤小豆、生薑仁：各1兩（洗淨、略浸）	38 g each of hyacinth beans, small red beans and raw Job's tears (rinsed and soaked for a while)
澤瀉、朱苓：各3錢（洗淨、略浸）	12 g each of Ze Xie and Zhu Ling (rinsed and soaked for a while)
川草薢：5錢（洗淨、略浸）	19 g Chuan Bei Xie (rinsed and soaked for a while)
乾蓮葉：1塊（洗淨、略浸）	1 dried lotus leaf (rinsed and soaked for a while)
燈芯草：10個	10 Deng Xin Cao
水：20杯	20 cups water

### 做法 METHOD

1. 水滾後，放入材料，煮滾10分鐘後改調中慢火煲3小時。
2. 下鹽調味飲用。
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:

- 此湯有消暑、利水和祛濕的作用。
- This soup helps expel summer Heat, promotes urination and removes Dampness in the body.

# 蒲公英 Dandelion

在內地隨手拈來的材料，都可以用來煲湯。但卻萬萬沒有想到連最可惡的野草蒲公英，都可以是煲湯對象！

我曾為清除草地上的蒲公英而腰酸背痛，我真恨透那顆小小的白茸毛球。那顆看來蠻可愛的白茸毛球，其實就是無數的種子，隨風飛揚，飛到那裏，就在那裏生根，好好的一片青草地就讓蒲公英毀了，加上蒲公英的根長得特別深，特別難除，實在可惡！

誰會想到今天我在新會，隨着趙婆婆到菜市場買蒲公英煲馬齒莧山斑魚湯？

雖然香港中藥房售賣的，是曬乾了的蒲公英，但藥效相同，能清熱解毒、涼血、消腫、利尿。

蒲公英又稱通奶草，婦女生孩子之後，如果乳汁不夠，可將新鮮的蒲公英以鹽醃一天，沖洗乾淨後煲魚湯，有增加乳汁分泌的功效。



Can dandelion be used for making soup? The answer is absolutely positive!

Dandelion is a major weed in North America and I've hurt my back trying to weed them in my front yard. I have a love-hate relationship with that white hairy ball, which contains numerous seeds that fly with the wind and germinate when they hit the soil. Its root is long and deep underground thus hard to pluck.

I don't expect to buy dandelion when I followed Madam Zhao to the market for cooking *Shan Ban Fish Soup with Dandelion and Amaranth*.

Though dried dandelion is sold in Chinese herbal shops in Hong Kong, it has the same medical effect as the fresh one. It removes Heat and toxins, cools the blood, helps swelling to go down and promotes urination.

For women after giving birth with poor lactation, marinate fresh dandelion with salt for a day, rinse and use to make fish soup. It significantly promote the secretion of milk.



# 蒲公英地丁湯

## Dandelion and Di Ding Soup

### 材料 INGREDIENTS

瘦肉：12 兩（飛水）	450 g lean pork (scalded)
乾蒲公英：5 錢（洗淨、浸半小時）	19 g dried dandelion (rinsed and soaked for 1/2 hour)
地丁：5 錢（洗淨、浸半小時）	19 g Di Ding (rinsed and soaked for 1/2 hour)
生地：1 兩（洗淨、略浸）	38 g raw Di Huang (rinsed and soaked for a while)
蜜棗：3 粒	3 candied dates
水：14 杯	14 cups water

### 做法 METHOD

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



### Remark:

- 此湯可治因天氣乾燥引起的皮膚痕癢，亦有清熱、解毒的功效。
- This soup helps cure itchy skin due to dry weather and removes Heat and toxins.

# 蜆 Clam

在中山，除了見識倉固的建築，也認識到當年客家人蓋土樓的智慧。唐朝末年，客家人為了團結宗族，防禦外敵，用泥牆建成圓形大屋，天井還挖有一口水井，務求做到自給自足！客家莊就是仿古的建築，讓客人進餐及留宿！老闆陳永興熱情好客，除了親自示範煮一個坑螺湯，還帶我們到山溪找坑螺哩！

坑螺因在山溪中產卵，生長在清澈的溪流中，所以味道也較清甜，不似田螺般有泥沙、有泥味。香港不易找到坑螺，我建議用蜆肉代替，應該不會失色。雖然蜆所含的銅質不及螺多，但它對於造血媒介作用，則比螺優勝，對人體更有利。

《本草綱目》記載：「蜆能解蟲毒，又能治水土不服。」煮蜆前，最好先將殼刷洗乾淨才一同滾湯，因為蜆殼在藥用上有利制酸作用。而且原隻生蜆裏面所含的「蜆水」，有清熱、去積、利咽喉、祛痰作用。

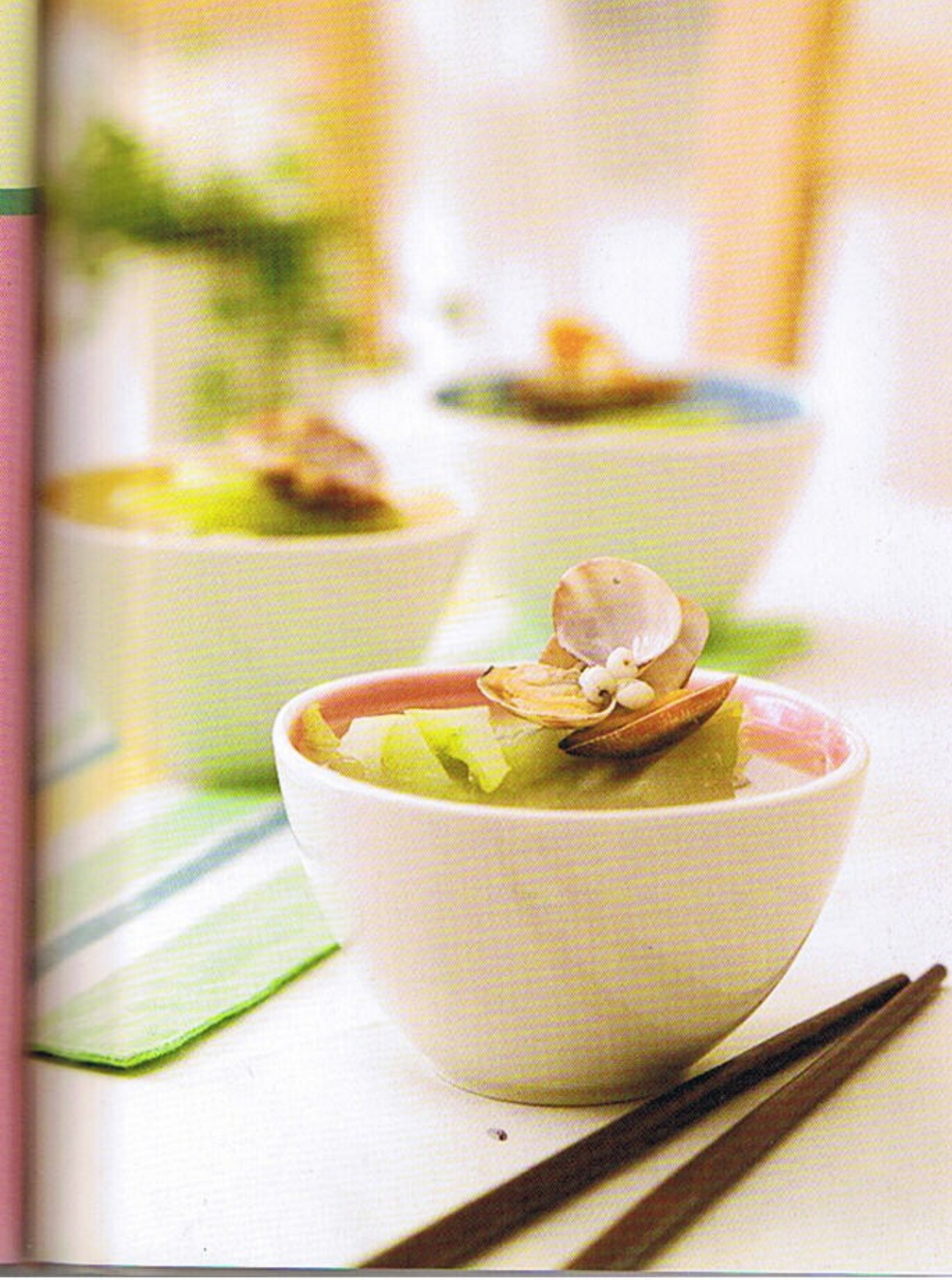
但蜆肉是濕熱的食物，所以若有濕熱底子的人，不宜多食。

Besides the architecture of Zhan Garden, no one should miss another highlight of Zhong Shan, the clay houses by Hakka tribes. In the Tang Dynasty, Hakka people built large round clay houses to unite the tribe and protect the people against enemy's attack. There was a well in each of the houses so as to be self-sufficient. The Hakka villa was built like a clay house and it provides dining and accommodation. The boss Chen Yong Xing was enthusiastic to demonstrate the spiral conch soup. He also showed us the way to pick our own spiral conch in the mountain streams.

Spiral conches lay eggs and grow in clear streams. They taste sweet and refreshing while the field snails have a strong taste of soil. It is not easy to find spiral conch in Hong Kong and that's why I suggest using clams instead. Although clams do not contain as much copper as oysters, they provide better intermediary media for blood formation. They are more beneficial to human body.

According to *Ben Cao Gang Mu* (a dictionary of Chinese herbs), clams cure food poisoning and speed up acclimatization. Before cooking clams, brush the shells and cook them in shells. The shells help neutralize the gastric acid. The sap in fresh clams also removes Heat, benefits the throat and expels phlegm.

Clams are Damp-Hot in nature. Those with Damp body type should avoid.



# 蜆肉佛手湯

## Clam and Chayote Soup

### 材料 INGREDIENTS

蜆：1斤（與鐵器一起浸半天，讓其吐污物）  
 佛手瓜：3個（去皮、去核、切粗條）  
 沖菜：2片（切絲）  
 生菜仁：1兩（洗淨，浸一夜後蒸10分鐘）  
 薑（連皮）：10片  
 紹酒：1/2茶匙  
 胡椒粉：少許  
 滾水：6杯

600 g clams (soaked in fresh water with iron for half day to let them spit out the sand)  
 3 chayotes (peeled, seeded and cut into thick strips)  
 2 slices black salted turnip (shredded)  
 38 g raw Job's tears (rinsed, soaked overnight and steamed for 10 minutes)  
 10 slices ginger (with skin)  
 1/2 tsp Shaoxing wine  
 ground white pepper  
 6 cups boiling water





## 做法 METHOD

1. 用1湯匙油爆香薑片、蜆，釐酒，加入佛手瓜和生薑仁，注入滾水，加蓋煲至水滾。
  2. 滾10分鐘後下沖菜，再滾2分鐘後下鹽調味。
  3. 灑少許胡椒粉即可享用。
1. Heat 1 tbsp of oil in wok. Stir-fry ginger slices and clams until fragrant. Sprinkle wine. Put in chayote stripes then raw Job's tears. Add boiling water. Cover with lid and bring to the boil.
  2. Cook for 10 minutes. Add black salted turnip. Cook for 2 minutes. Season with salt.
  3. Sprinkle ground white pepper. Serve.



### Remark:

- 因蜆屬寒性、濕熱，加了生薑仁可祛濕，薑則可驅風。
- As clams are Cold and Dampness in nature, adding raw Job's tears helps remove Dampness while ginger can expel Wind in the body.

# 首烏 Shou Wu

首烏歷來與人參、靈芝、冬蟲草並稱為中藥的四大仙草，是名貴的養生珍品。

攝製隊到達肇慶的一個小農地，一座座竹棚上爬滿了翠綠的條藤和葉子，堆起的泥土下就是一個個似番薯的物體，外皮是紅色，肉地是米白色，不是固執證實，我絕對不會相信眼前這個紅皮白心的「番薯」，就是未加工前的首烏。種首烏要架起棚架，讓條藤往上爬，以免垂到泥土裏跟首烏搶養分。

首烏每年只在清明前後收成一次，收割後先將首烏洗乾淨，再切開一片片，經過九蒸十曬的程序才可以發揮藥效。蒸首烏的灶頭是燒柴，灶高且大，要上四級樓梯才可掀起蒸籠的蓋。廚房內沒有冷氣，沒有通風設備，只有兩扇窗，灶火燒得旺，人也熱得汗流浹背，工人的勞苦可想而知！經過蒸製後的首烏呈豬肝紅，而又有對稱花紋就為之正貨！

首烏的條藤和綠葉可以加水煲煮，煲得愈久，水就愈黑，用來洗髮一樣有烏髮作用，難怪肇慶人的頭髮都那麼健康！

據《本草綱目》記載：首烏味甘苦、性平，有烏髮養顏、補肝腎、益精血、解毒滑腸功效，主治頭暈、耳鳴、心悸失眠、頭髮早白等，但未經製煉的首烏則有潤腸通便及解瘡毒的作用。

也因為首烏有苦味，所以煲湯時配雞或魚頭會比較易入口！



Shou Wu, ginseng, Ling Zhi and Chinese cordyceps are the great four herbal medicines among Chinese herbs and thus Shou Wu is a precious tonic supplement.

The crew went to a small farm in Zhao Qing. Green stems and leaves crawled on bamboo sheds and there were sweet-potato-like objects under the soil. It has red skin and yellowish white flesh. I would not believe that the sweet-potato-like tuber is fresh Shou Wu until the owner verifies it.

They build sheds for the stems to crawl up so that they don't compete with Shou Wu for nutrients in the soil.

Shou Wu is harvested before or after the Qing Ming festival (around April) once every year. It was rinsed and sliced. Then it would be steamed nine times and dried ten times to be medically potent. Shou Wu is steamed over firewood and the stove is tall and large. You need to climb up 4 flights of stairs to open the cover of the steaming cage. The kitchen has neither air-conditioning nor ventilation facilities. It just has two windows and it is tough for the workers. Steamed Shou Wu is liver red in colour and has symmetrical patterns.

Also those leaves and stems on the sheds can be boiled in water. The longer it is boiled, the darker the water would be. The boiled water can be used to wash hair and can blacken the hair. No wonder all Zhao Qing citizens have healthy hair!

According to *Ben Cao Gang Mu* (a dictionary of Chinese herbs), Shou Wu tastes slightly sweet and bitter and is neutral in nature. It blackens the hair, improves skin texture, strengthens the Liver and Kidneys, benefits the Jing and blood, removes toxins and promotes peristalsis of intestines. It mainly cures dizziness, tinnitus, palpitations, insomnia and early appearance of grey hair. Unprocessed or unrefined Shou Wu can ease constipation and detoxify tumors.

As Shou Wu is bitter in taste, cook it with chicken or fish head in soup for better taste.



# 首烏雞湯

## Shou Wu and Chicken Soup

### 材料 INGREDIENTS

雞：1隻（用鹽略擦雞腔外皮、洗淨、飛水）	1 chicken (rub salt on skin, rinsed and scalded)
首烏、黨參：各1兩（洗淨）	38 g each of Shou Wu and Dang Shen (rinsed)
杞子、北芪、天麻：各5錢（洗淨）	19 g each of Qi Zi, Bei Qi and Tian Ma (rinsed)
紅棗：20粒（去核）	20 red dates (stoned)
薑：2片	2 slices ginger
水：18杯	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:

- 此湯可補中益氣、祛風。
- This soup energizes the Qi and removes the Wind accumulated in the body.

# 水魚 Soft Shell Turtle

在桂林拍攝介紹水魚的當天，外景隊先到桂林西門市的水魚檔取景。一堆堆大大小小的水魚分盆而坐，樣子倒蠻乖的，但當我的手指伸過去，牠的頭一伸、嘴一張，說時遲、那時快，差那麼一點就把手指咬掉！

老闆娘教我要從背後着手，才不致被咬！

本來對於爬行的小動物都有點抗拒，但家中小兒養了兩隻烏龜，從棋子般細小，養到手掌般大。雖然不用我餵、不用我換水，但相處久了，也有點感情，想不到今日拍水魚，竟然可以克服恐懼心理！

水魚飼養場有幾個偌大的池塘，水深雖然只到人的胸部，但卻看不到底，園主說每個池塘都養有大大小小的水魚幾百隻。導演要求取出雌、雄各一以作識辨。貌似黎明的小伙子把外衣一脫，赤腳步入池塘，用腳感受水魚的大小，再潛入水中把水魚捉上來。水很髒，看了有點噁心，但更擔心小黎明會被水魚咬傷。園主說，原來水魚在水裏是不會咬人的，還好！

除了體積分大、細之外，將水魚翻轉看看腹部，雌水魚的尾較短，相反，尾較長的就是雄性了。

據說人工飼養的水魚顏色較淺，腹部較整潔；而野生的水魚顏色較深，腹部多有受創的傷痕。因為野生水魚較少，肉質幼嫩，療效更大，所以比人工飼養的貴三倍！

水魚含蛋白質、脂肪、碳水化合物、鈣、磷、鐵、碘及維生素A、B1、B2、D。

水魚有補肝腎、益氣健脾的功效，更可治貧血、支氣管炎、咳嗽、神經衰弱、慢性肝炎、肝硬化、頭暈、眼花及耳鳴等，可謂好處多多！

但要注意不可與兔肉、鴨肉、雞子、莧菜、芥子及薄荷同食。另外，寒濕內盛及外感者忌服。



On the day of shooting soft shell turtles, the crew went to Ximen city of Gui Lin province to take some shots first. Large and small turtles sat in different basins and they seemed incredibly cute. Only when you try to tease them with you finger, you know they bite.

A shop owner taught me to deal with it behind its back to avoid being bitten.

I have developed a phobia for little crawling animals. My son kept two tortoises at home. They were of size a coin at first but now they are of palm size. Though I don't need to take care of them, prolonged encounter developed a bonding that helps me get over the phobia in the process of shooting.

Soft shell turtle farm has several large ponds are about 4 feet deep but the murky water veils the bottom from us. The farm owner said that there were hundreds of soft shell turtles in each pond. The director requested a female and a male turtle for identification. A handsome boy took off his shirt and went into the pond with barefoot. He felt the size of the turtles with his feet and then dive into the water to pick the turtles. The water was dirty and it was quite terrible. Besides bacteria and germs, I worried that the handsome boy would be bitten by the turtles even more. The farm owner then explained soft shell turtles would not bite in water.

Except the volume, we can identify the sex of soft shell turtles according to their tails. Turn a turtle over and look at its abdomen. One with a shorter tail is female while one with a longer tail is male.

It is said that reared soft shell turtles have lighter colour and cleaner abdomen while wild ones are in darker colour and usually have scars on the abdomen. As wild turtles are few and have softer meat and greater healing effects, they are 3 times more expensive than reared ones.

Soft shell turtles contain proteins, fat, carbohydrates, calcium, phosphorous, iron, iodine and vitamins A, B1, B2 and D.

Soft shell turtles strengthen the Liver and Kidney, benefit the Qi and tonify the Spleen. They cure anemia, bronchitis, cough, nervousness, chronic hepatitis, liver cirrhosis, dizziness and tinnitus.

But note that it cannot be eaten along with rabbit, duck, chicken, amaranth, mustard or mint. Also those suffering from overactive Cold and Dampness in the body as well as those who have caught a cold should avoid.



# 燉水魚湯

## Double-steamed Soft Shell Turtle Soup

### 材料 INGREDIENTS

水魚：1隻（斬件、飛水）	1 soft shell turtle (dressed, chopped and scalded)
瘦肉：6兩（切塊、飛水）	225 g lean pork (cut into pieces and scalded)
金華火腿：2兩（切片、飛水）	75 g Jinhua ham (sliced and scalded)
薑：4片	4 slices ginger
紹酒：1湯匙	1 tbsp Shaoxing wine
水：6杯	6 cups water
紗紙：1大張	1 large sheet mulberry paper

### 做法 METHOD

1. 將所有材料放入燉盅內，用紗紙封口，隔水燉3至4小時。
2. 享用前下鹽調味。
1. Put all ingredients into a double steamer. Seal with mulberry paper. Steam for 3 to 4 hours.
2. Season with salt before serving.



### Remark:

- 這湯有滋陰補腎的功效，但患有感冒者不宜飲用。
- This soup nourishes the Yin and strengthens the Kidney but those cold or flu patients should avoid.

# 冬蟲 草 Chinese Cordyceps

眾所周知，冬蟲草價錢昂貴，因為冬蟲草是中國藥材中之三大補品之首，它能補中益氣、固本培元，藥用價值高，副作用少，是理想的保健食品。

國內人工培植的冬蟲草，售價是天然冬蟲草的百分之一，聽說人工培植的冬蟲草比天然的營養價值更高。然而，在香港很少人工培植的冬蟲草的資訊，可見它並不普及。

這次在江門，我大開眼界，參觀了冬蟲草培植場，也嘗過用人工培植的冬蟲草做的菜餚，口感還不錯，輕度爽口，煲出來的湯水也有冬蟲草的藥味。但如何說服自己相信天然與人工培植冬蟲草的藥效相同，就要看個別取捨了！



Everybody knows that Chinese cordyceps are expensive since it is the best tonic supplement among all Chinese herbal medicines. It can tonify the Qi in the internal organs and helps the recovery of the body. With its high medical potency but few side-effects, it is an excellent tonic supplement.

Most Chinese cordyceps are commercially grown in China and its price is 1% of that of natural ones. Commercially grown cordyceps are said to have higher nutritional value than wild ones. But commercially grown cordyceps are not popular in Hong Kong.

In Jiang Men, I visited a cordyceps farm and tried cuisines made with commercially grown cordyceps. It tastes good and is slightly crunchy. The soup has a strong flavour too. But it is not easy to convince myself that the medicinal value of commercially grown cordyceps is the same as that of wild ones!



## 蟲草老雞湯

## Mature Chicken Soup with Chinese Cordyceps

## 材料 INGREDIENTS

老雞：1隻（飛水）

瘦肉：4兩（飛水）

冬蟲草：2錢（洗淨）

苦乳靈芝：5錢（切薄片，洗淨，略浸）

百合：2兩（洗淨，略浸）

陳皮：1/4個（浸軟，刮去瓤）

蜜棗：3粒

水：20杯

1 mature chicken (scalded)

150 g lean pork (scalded)

8 g Chinese cordyceps (rinsed)

19 g Ku Ru Ling Zhi (sliced thinly, rinsed and soaked for a while)

75 g dried lily bulbs (rinsed and soaked for a while)

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

3 candied dates

20 cups water

## 做法 METHOD

1. 水滾後，放入所有材料，煮滾10分鐘後改用中慢火，再煲3小時即成。

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 3 hours.

2. Season with salt. Serve.

## Remark:

• 此湯可治久咳，加入苦乳靈芝同煲更可強肺。患感冒者，需以瘦肉1斤代替老雞。

• This soup can cure prolonged coughing and strengthens the Lungs if cooked together with Ku Ru Ling Zhi. For those suffering from cold, use 600 g lean pork to replace mature chicken.



# 老鴨 Mature Duck

拍攝老鴨的地點，亦是水魚場，只是養鴨的池塘與養水魚的池塘一畛之隔。介紹老鴨濕的時候剛下雨，天氣很差，雨沒有停下的意思，我們只好打着巨大的太陽傘擋雨。

直到導演補拍一個教人識辨老鴨的近鏡，要我捉着一隻老鴨講解，因為鴨子淋了雨，全身濕透，靜兮兮的，我只好戴上手套：「一般老鴨的喉部比較硬，腹部較實，而腳底紋較深……」

幸好我錯有錯着，戴了膠手套，這個鏡頭才得以見天日！否則禽流感肆虐的今天，這鏡頭不被刪掉才怪。

老鴨有不俗的食療價值，可滋補五臟，亦有清熱、生津、止咳等功效。

The place we shot mature ducks also had soft shell turtles. The two ponds were quite near. Unluckily it was raining continuous that day and there's no sign it would stop any time soon. We could just shoot with a large umbrella and luckily the shot was done successfully.

I held a mature duck in my hand to teach the audience how to identify it. As the duck was wet and dirty in rainy day, I wore gloves and said, "Generally mature ducks' throats are harder, their abdomens are firm……"

Thanks to the muddy duck, this sequence with gloves on can finally be aired on TV. God knows I wasn't intending to avoid bird flu?

Mature ducks have good curing effects for the body such as nourishing the internal organs, removing Heat in the body, promoting secretion of body fluids and stopping cough.





# 老鴨百合湯

## Mature Duck and Lily Bulb Soup

### 材料 INGREDIENTS

老鴨：1隻（洗淨、飛水）

蓮子、生薏仁、百合、芡實、淮山：

各1兩（洗淨、略浸）

杞子、北芪：各5錢（洗淨、略浸）

水：20杯

1 mature duck (rinsed and scalded)

38 g each of lotus seeds, raw Job's tears,

dried lily bulbs, fox nuts and Huai Shan

(rinsed and soaked for a while)

19 g each of Qi Zi and Bei Qi

(rinsed and soaked for a while)

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至4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 to 4 hours.

2. Season with salt. Serve.



### Remark:

- 此湯有補中益氣、滋補的功效，有感冒發熱者忌飲用。
- This soup energizes the Qi and nourishes the body. But those suffering from cold and fever should avoid.

# 水牛奶 Buffalo Milk

「沙灣何，有仔唔憂無老婆！」未踏入番禺沙灣，就聽到這句順口溜，可想而知姓何的大戶人家，在沙灣如何「巴閉」。

當年沙灣的大姑娘都恨嫁入何門，做了少奶奶後好食好住，日日飲用水牛奶做的「薑撞奶」，皮膚當然會又白又嫩，而且更將這個美妙的甜品發揚光大。今時今日，美味的飯後甜品「薑撞奶」，就是源自番禺的沙灣。

「吾湯吾水」的導演要我嘗試擠牛奶，我學習怎樣用大拇指的關節頂着奶頭，用力擠下去，可是，就算我出盡九牛二虎之力，奶水只是出那麼一點點，而大拇指就已經痛得伸不直了，唉，沒有十年八載的功夫，又怎能冒充行家呢？

原來，養水牛跟耕牛是不同的，水牛特別愛乾淨，管理員要常常清洗牛欄，而水牛亦愛吃甘蔗尾、飲涼茶，享受着一流的服務，所以水牛奶特別香濃，用來做糖水或煲湯都特別受歡迎。

雖然在香港很難買到水牛奶，但用牛奶煲湯也一樣香滑。就讓我為大家介紹一道滋陰補腎的花膠牛奶煲雞湯吧！

"No worry about no wife for He in Sha Wan!" This has become a local idiom in Panyu Sha Wan and it is obvious that the He family is "noble" in Sha Wan.

All ladies in Sha Wan were eager to marry with He family members so that they would become rich and have the "ginger and buffalo milk custard" every day. It is believed to be effective in improving skin texture and soon this dessert became popular. This nation-wide famous dessert came from Panyu Sha Wan.

Director of *Secrets of Soups* asked me to milk the buffalo. I learned how to use the joints on my thumb to push the nipple and squeeze hard. But I could just get a bit of milk with so much power and my thumb hurt so much that could not extend it right afterwards. No wonder it needs years of experience to be skillful in milking.

Buffalo is different from farm cattle. Buffalo especially loves cleanliness and the keepers need to clean the stable frequently. Also buffalo loves to eat sugar cane and drink herbal tea. Due to the excellent service it receives, buffalo milk is especially rich in taste and flavour. Thus it is commonly used in making desserts and soups.

Though it is hard to get buffalo milk in Hong Kong, soups made with cattle milk are also tasty. Nourishing and Kidney-strengthening *Chicken Soup with Dried Fish Maw and Milk* is recommended here.



# 花膠牛奶煲雞湯

## Chicken Soup with Dried Fish Maw and Milk

### 材料 INGREDIENTS

雞：1隻（飛水）

花膠：2兩（浸透，用薑、葱飛水）

黨參：1兩（洗淨）

紅棗：20粒（去核）

陳皮：1/4個（浸軟，刮去瓤）

牛奶：1公升

水：16杯

1 chicken (scalded)

75 g dried fish maw (soaked until soft and scalded with ginger and spring onion in water)

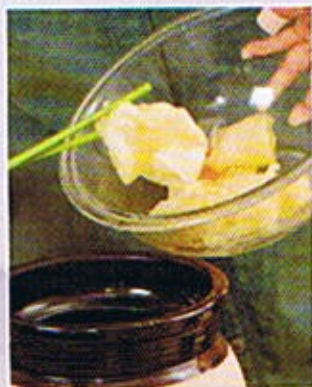
38 g Dang Shen (rinsed)

20 red dates (stoned)

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

1 litre whole milk

16 cups water





## 做法 METHOD

1. 水滾後，除了牛奶，放入所有材料，滾 10 分鐘後改調中慢火煲 3 小時。
2. 注入牛奶（宜用慢火），即可下鹽調味，關火享用。

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



## Remark:

- 這湯有滋陰補腎的功效。
- This soup nourishes the Yin and strengthens the Kidney.

# 巴戟 Ba Ji

女人煲巴戟湯為取悅老公？！原來以前的大戶人家都會三妻四妾，做老婆的想得到老公愛錫，就會煲巴戟湯給老公進補！

巴戟，是德慶的特產，從泥土掘出來的巴戟外形似人參，生長在半山腰間，最少種三年才有收成，而一枝上等的巴戟要種起碼七年哩！

沖洗乾淨的巴戟，先要修剪好幼細的鬚根，還要用人手把中間又韌、又硬的心抽出。聽說巴戟的心有微毒，所以一定要拔走！抽了心的巴戟要放在一個大鍋內煮兩日，把甜味帶出，再曬乾就可以出售了。

我拍「吞湯吞水」時曾經嘗過新鮮的巴戟，口感很好，又甜又爽，沒有半點藥材味！原來巴戟有補腎助陽、強筋骨、祛風濕，主治男性腎虛、陽萎不育、早泄等功能。但女性若腰膝疼痛、筋骨痠軟，可用巴戟煲豬腰或老雞。但若有便秘、小便呈黃色，排尿時尿道有灼熱感覺、肝虛偏盛或慾火妄動的人，就不適宜食巴戟了。

Men used to have many wives in old times and the wives would usually make Ba Ji Soup for their husbands as a tonic (or aphrodisiac) supplement to gain the love from their husbands.

Ba Ji is native to De Qing county. Those dug out from the soil look like ginseng. Ba Ji grows at the mid levels of mountain and can only be harvested after at least 3 years of planting. First-class Ba Ji takes 7 years to grow!

Trim off the fine roots from rinsed Ba Ji and remove the tough and hard core with your fingers. People say the core of Ba Ji is slightly poisonous and must be removed. Core-removed fresh Ba Ji has to be cooked in a large pot for 2 days to bring out its sweetness. Then it is dried under the sun.

When shooting *Secrets of Soups*, I got to try some fresh Ba Ji. It has good texture, tastes sweet and crunchy without any herbal flavour.

Ba Ji strengthens the Kidneys, activates the Yang, tonifies the sinews and bones, and alleviates pain due to rheumatism. It is used to cure Kidney-asthenia, in sterility, impotence and premature ejaculation among men.

For women suffering from arthritic pain, cook Ba Ji with pork or mature chicken. But those with constipation, yellow urine, a sharp hot pain during urinating, Liver-asthenia and too much sex drive should avoid.





# 豬尾巴戟湯

## Pork Tail Soup with Ba Ji

### 材料 INGREDIENTS

豬尾：2條（切段、飛水）	2 pork tails (sectioned and scalded)
巴戟：1兩（洗淨）	38 g Ba Ji (rinsed)
杜仲：1兩（洗淨、略浸）	38 g Du Zhong (rinsed and soaked for a while)
牛膝：1兩（洗淨、略浸）	38 g Niu Xi (rinsed and soaked for a while)
製芡實：1兩（洗淨、略浸）	38 g preserved fox nuts (rinsed and soaked for a while)
狗脊：1兩（洗淨、略浸）	38 g Gou Ji (rinsed and soaked for a while)
花生：2兩（洗淨、略浸）	75 g peanuts (rinsed and soaked for a while)
水：18杯	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，再煲3至4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 to 4 hours.
2. Season with salt. Serve.



### Remark:

- 此湯可止夜尿，具固腰補腎的功效。
- This soup stops frequent urinations at night and strengthens the lower back muscles and Kidneys.

# 老 鴿 Mature Pigeon

我說過，我真的沒有「危機感」！

攝製隊到達石岐的養鴿場，在雨後陽光驟現的下午，那股臭氣薰天，份外叫人難受，我噴了一身蚊怕水、塗了藥油、搖着扇子，但求蚊子勿叮我。趕緊把鏡頭拍完，趕緊離開！

導演要求我抱起老鴿、乳鴿、妙齡鴿逐一介紹，我毫不考慮就照做了，完全沒有顧慮到禽流感的問題，真冤枉雖然拍完了，就是因為我沒有戴手套去接觸這些家禽，是不能出鏡的，白白花了導演的一番心血。

年產30萬隻鴿子的鴿場，分成好幾座建築物，只因鴿子生產能力頗強，每半個月就生2、3隻鴿蛋。

出生十三日的叫妙齡鴿，廿三日的是乳鴿，用作煲湯的老鴿起碼要養三至五年。老鴿脂肪含量較低，在食療方面有振陽起衰的功效。

在養鴿場裏，我目睹母鴿用嘴嚼碎飼料，送到BB鴿嘴裏，致自己的嘴巴都破了，可見母愛的偉大！

I'm really too insensitive to potential hazards.

The crew arrived at a pigeon farm in Shi Qi in the afternoon and it was raining. The air smelled bad. I smeared mosquito repellent and waved the fan to prevent getting bitten by mosquitoes. I just want to finish the shooting and leave right away!

The director told me to hold a mature pigeon, a young pigeon and an adolescent pigeon in my hands to identify them. I did it without consideration and forgot the bird flu problem. I did not wear any glove and such shots of poor educational value cannot be played on TV.

With an annual production of 300,000 pigeons, the pigeon farm is divided into several building. Pigeons are highly fertile poultry and lay 2 to 3 eggs every half month.

Those 13-day-old are called adolescent and 23-day-old pigeons are called young pigeons. Mature pigeons for making soup are usually 3 to 5 years old. They are low in fat and can energize Yang energy in the body.

I saw a mother pigeon feeding her baby with her beak which is wounded. How great motherly love is!



## 老鴿滋補湯

## Mature Pigeon Nourishing Soup

## 材料 INGREDIENTS

老鴿：1隻（飛水）

瘦肉：12兩（飛水）

花旗參鬚、杞子：各5錢（沖洗乾淨）

陳皮：1/4個（浸軟、刮去瓤）

合桃肉：2兩

青提子乾：2錢

水：20杯

1 mature pigeon (scalded)

450 g lean pork (scalded)

19 g each of thin roots of American ginseng and Qi Zi (rinsed)

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

75 g shelled walnuts

8 g raisins

20 cups water

## 做法 METHOD

1. 水滾後，放入所有材料，煮滾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:

- 此湯有滋補的功效，因加了青提子乾，更能增強食欲、幫助消化。

- This soup is nourishing. With raisins in it, it whets the appetite and helps digestion.



# 山斑 魚 Shan Ban Fish

拍攝捕捉山斑魚，讓我認識了一班來自江門市野外體育探險協會、愛好大自然的年青人，而這班年青人最初都是在網上結識的，因嗜好相同，就開始一起活動。雖然見了面，用的都是網名，叫甚麼波仔、大龍、海浪、Y.V.、莉麗，大家都不在乎對方的真姓名，他們的朝氣、他們的裝扮、他們的作風，令我彷彿置身在北美洲。

大雨後，山溪水流湍急，平時縱有山斑魚出現，今天恐怕再難覓芳蹤了。幸而我們早有準備，買了幾條做後備。

大龍自告奮勇先下水，大家都以為水草下的小溪頂多一呎水深，沒想到，大龍一腳踩下去，水已到腰間，原來這溪雖然窄，卻好深！如果沒有大龍在，相信嚇破膽的將會是我！

其實，山斑魚與生魚的外型很相似，顏色則較淺，屬野生河鮮，功效媲美生魚，益氣滋補、健脾養顏，更有祛風、解毒功效。而病後體弱的人飲用，還可以活血生肌，幫助傷口癒合哩！

I came across a team of nature-lover from Jiang Men Wild Sports Explorers Association when we shot Shan Ban fishes. They first met on the internet and became close friends sharing the same hobby. Though interacting face to face, they still use their internet nicknames and did not care to know each others' real names. Their gestures and clothing were similar to those in North America.

After heavy rains, the water in mountain stream flowed fast and Shan Ban fishes do not show up in such flow. Luckily we bought several fishes for shooting.

Dalong was the first to go down to the stream. Algae covers the river bed and we expect the stream was just 1 feet deep. To our surprise the water reached his waist. The stream was narrow but deep! If it was me who had to step into the stream first, I would be extremely scared.

In fact Shan Ban fishes look like snakehead fishes but with a lighter colour. They are wild fish in the stream and one as efficient as snakehead fishes in terms of healing property. They benefit the Qi, nourish the body, strengthen the Spleen, improve skin texture and remove accumulated Wind and toxin. For those suffering from weakness after sickness, Shan Ban fishes help promote blood circulation and body growth, and thus help the recovery of wounds.



# 山斑魚健脾湯

## Shan Ban Fish Soup

### 材料 INGREDIENTS

山斑魚：1條（洗淨、略煎、放入魚袋內）	1 Shan Ban fish (rinsed, fried in oil for a while and put into fish bag)
瘦肉：半斤（飛水）	300 g lean pork (scalded)
雞腳：4對（飛水）	4 pairs chicken legs (scalded)
淮山、百合、蓮子、芡實：各1兩（洗淨、略浸）	38 g each of Hwai Shan, dried lily bulbs, lotus seeds, fox nuts (rinsed and soaked for a while)
北芪：5錢（洗淨、略浸）	19 g Bei Qi (rinsed and soaked for a while)
陳皮：1/4個（浸軟、刮去瓤）	1 quarter dried tangerine peel (soaked until soft and with the pith scraped off)
紅棗：20粒（去核）	20 red dates (stoned)
薑：4片	4 slices ginger
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:

- 此湯適合病後欠補者飲用，亦有健脾作用。
- This soup is suitable for those recovering from illness and it strengthens the Spleen.

# 荔枝 Lychee

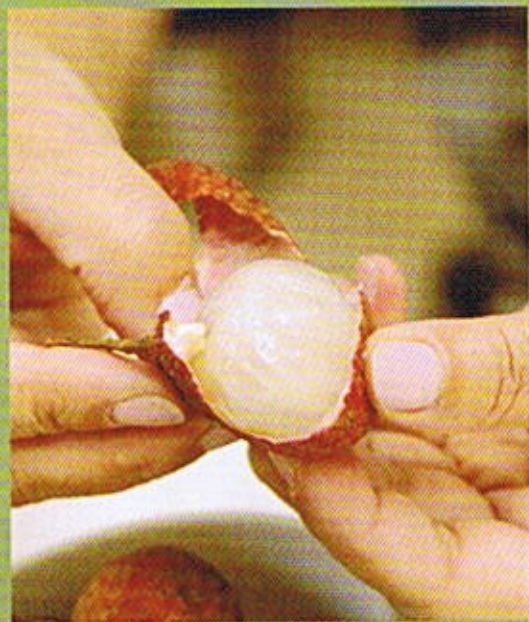
荔枝是我最喜愛的水果，她有股獨特清香，特別令人喜愛。

「吾湯香水」第四次拉隊北上，地點是新會、江門。還未來得及把行李放進酒店，車子就把我們送到古兜渡假溫泉附近的桂荔園。

園主林先生領着我們步上小山丘，放眼盡是掛滿荔枝的樹，好誘人。雖然未變紅色，但禁不住偷剝一顆送到嘴裏，哈，好甜啊！

林先生有點靦腆：「黃小姐，我們留了幾株沒有噴農藥的在山頭，那些就可以隨便吃……」我可尷尬死了！我這城市人，真是見識少，就是沒想到有農藥這回事，難怪上次在一瓜田拍粉葛，見到瓜棚裏的青瓜又嫩又鮮，問農場主人可否賣一點給我當水果吃，他就是吞吞吐吐的說待會兒取一些給我。心想，我就是要在棚架上新鮮摘下來的嘛……結果哩，工作一完，匆匆走了，當然就是沒有飯後果啦！如今想來，他準是怕我吃了噴過農藥的青瓜，若然有甚麼差池，那可大件事了！

原來新會產的荔枝不比東莞、增城的遜色，一樣肉厚、汁多，以後吃荔枝，又多一種選擇了。





Lychee is the fruit I love most. It has a refreshing and unique fragrance.

On the fourth shooting trip to China, the destination was Xin Hui and Jiang Men. Right after we left our luggage in the hotel, the car drove us to a lychee farm near Gu Dou Vacation Spa.

The manor owner Mr. Lin led us up to little hill where there were many lychee trees. Though the lychee has not turned red and matured, I cannot help plucking off one and tried. Surprisingly, it was so sweet!

Lin looked a bit embarrassed and he said we might feel free to sample the fruit after he showed us which ones are not treated with insecticides. I felt like a dumb city dweller who was so ignorant that it's ridiculous. No wonder the farmers were not that willing to sell cucumber to me.

Lychee grown in Xin Hui is of the same quality as those in Dong Guang and Zeng Cheng. It is also fleshy and juicy.



# 荔枝安神湯

## Lychee Nerve-calming Soup

### 材料 INGREDIENTS

瘦肉：1斤（飛水）

新鮮荔枝：1/2斤（去皮、留核）

新鮮龍眼：1/2斤（去皮、留核）

有心茯神：2兩

杞子：1兩

水：14杯

600 g lean pork (scalded)

300 g fresh lychees (shelled and kept stone)

300 g fresh longans (shelled and kept stone)

75 g Fu Shen

38 g Qi Zi

14 cups water

### 做法 METHOD

水滾後，放入所有材料，滾10分鐘後改調中慢火，再煲1 1/2小時即可。

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:

- 此湯有安神的作用。若荔枝、龍眼季節已過，可用乾貨代替，分量是荔枝乾、龍眼乾各2兩，兩者可互補。
- This soup calms the nerves. If lychee and longans were not in season, use 75 g dried lychees and 75 g dried longans instead.

# 夜蘭花 Night-fragrant Flower

記得第一次用夜香花炒雞丁的時候，就愛上了這小黃花，既香又可愛。

誰知道這次要去找的夜蘭花，就是我們稱的夜香花。

鄉間村民，會在前後院搭起竹棚架，種上一兩株夜蘭花，讓它蔓連架上，生出密密麻麻的綠葉，賴以遮蔭、乘涼。夏天更綻出一串串淡黃色的小花，夜間散發清香，故又稱之為夜香花。

經已盛放的夜蘭花，雖然聞時花香濃郁，但經烹調後香味會劇減。所以含苞待放的夜蘭花最宜用作烹調，雖然香味含蓄，不及盛放時清香，但咀嚼時口感特別，兼滿腔清香。

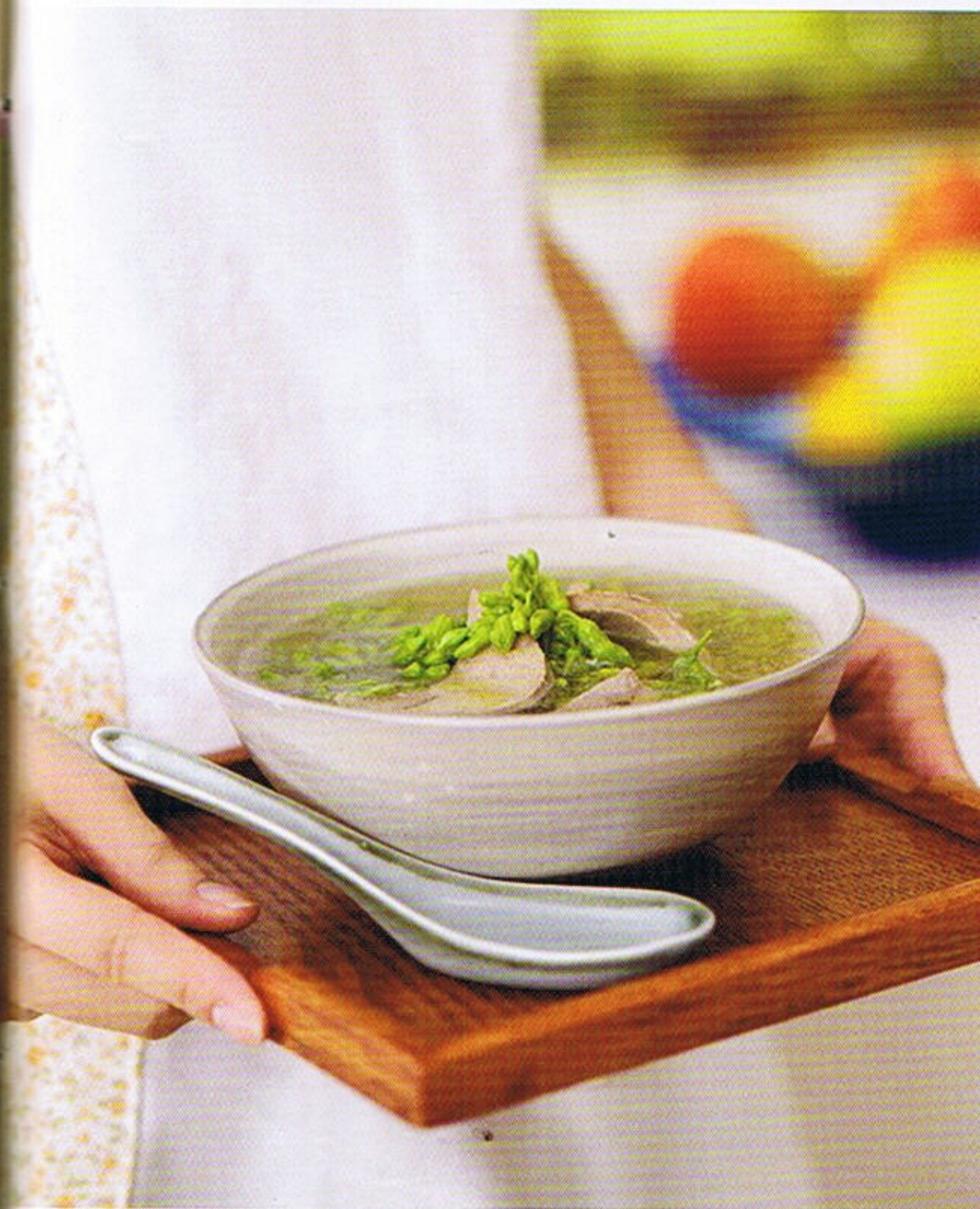
患有神經病、氣喘、百日咳的病者，以夜蘭花配肉作菜餚，對病體可收到輔助治療之效。夜蘭花雖有一點苦味，但食後喉舌甘涼。而且，夜蘭花所含香脂，對神經系統有興奮作用哩！

I remembered the first time I used night-fragrant flowers to fry chicken. It was fragrant and I started to love little yellow flowers.

Villagers would put bamboo sheds in their gardens and grow a few plants of night-fragrant flowers. They'd crawl on the shed and cover it with dense green leaves that block the sunlight. These light-yellow flowers bloom in summer and give a fragrant smell at night. That's why they are called the night-fragrant flowers.

Bloomed flowers have rich smell but their smell decrease after being cooked. It works best if you use night-fragrant flowers that are about to bloom in cooking. Though the smell is not as rich as the bloomed ones, they have special texture and they taste refreshing after being cooked.

For those suffering from mental illness, shortness of breath and prolonged cough, cook night-fragrant flowers with meat as a cure. Though it is a bit bitter in taste, your throat would be soothed and cooled after eating night-fragrant flowers and there are no side-effects. Also the resin contained in night-fragrant flowers can excite the nervous system.



# 夜蘭花豬潤湯

## Pork Liver Soup with Night-fragrant Flowers

### 材料 INGREDIENTS

豬肝（肝）、瘦肉：各4兩，切片

（用1/2茶匙鹽、1/2茶匙生粉、少許胡椒粉略醃）

夜蘭花：2兩（用鹽水略浸）

薑：2片

水：6杯

150 g each of pork liver and lean pork (sliced and marinated with 1/2 tsp salt, 1/2 tsp caltrop starch and ground white pepper)

75 g night-fragrant flowers (soaked in salty water for a while)

2 slices ginger

6 cups water





## 做法 METHOD

1. 水滾後，加入豬腳、瘦肉及薑，隨即下鹽調味。
2. 煮滾約2分鐘，加入夜蘭花，待再滾起後即關火享用。
1. Bring water to the boil. Add pork liver, lean pork and ginger. Season with salt.
2. Cook for about 2 minutes. Add night-fragrant flowers. Bring to the boil. Serve.



### Remark:

- 此湯有清肝明目的功效。
- This soup benefits the Liver and improves the eyesight.

# 大頭魚 Bighead Carp

我到了加拿大後，才知道大魚還有另一種稱號叫鯪魚。

而我在拍「吾湯吾水」捕捉鯪魚時，才明白這個稱號的由來。

在蝴蝶谷水庫裏，養了好多好多鯪魚，我們得到允許，看漁夫們如何撒網捕魚，當漁網越收越細，浮在水面有好多大條的鯪魚。我興奮得哇哇大叫，但見鯪魚卻一點也不生氣，即使被捕浮出水面也不掙扎，我問身邊的漁夫廖錫堅，他淡然：「有名你叫，夠『咁崇』嘛！」天！原來五邑人罵人「咁崇」(即蠢鈍的意思)，指的就是這種鯪魚！那吃多了鯪魚，會不會也變了「咁崇」呢？

在水庫裏捕魚也有規矩，就是每條不能輕過五斤！當然有十斤八斤就最理想！捕魚期每年有六次，平均兩個月就有一次，可想而知產量十分豐富！

鯪魚一魚可幾吃，通常魚頭、魚尾用來煲湯；魚肉可蒸、紅燒，甚至做魚肉羹。

大魚魚頭有益腦之效，可祛頭眩、治頭風及耳鳴，配合天麻，效果更佳！

I didn't even know the bighead carp is also known as steelhead carp, before I came to Canada.

Until I shot *Secrets of Soups*, did I know the meaning of its name.

There were a lot of bighead carp in the Butterfly Reservoir. It's quite an experience to see how fishermen catch fish with a net. Hundreds of bighead fish appeared on water when they draw the net in. I was excited and yelled but the fishes did not struggle at all. I asked fisherman Liao for the reason and he said that they behaved like their names: steel-headed, which is a slang in Wu Yi county meaning someone stupid. Er, does eating bighead carp make you stupid?

There are restrictions regarding fishing in reservoir. Each fish cannot weight less than 3 kg. Of course the most delicious fish should weigh 4.8-6 kg. There are 6 fishing periods each year and every period spans over two months on average. No wonder there is such an abundant supply!

You can cook bighead carp in several ways. The fish head and fish tail can be used to make soups while the flesh steamed or fried or even used to make thick soup.

The fish head benefits the brain, cures headache, dizziness and tinnitus. The effect is more prominent when used together with Tian Ma.



# 魚蓉羹

## Minced Fish Thick Soup

### 材料 INGREDIENTS

大頭魚魚腩：12兩（洗淨、去黑膜）

沖菜：1兩（洗淨、切細粒）

薑：1兩（洗淨、切細粒）

陳皮：1/10個（浸軟、刮去瓢、切極細粒）

葱：3條（2條用作蒸魚、1條切蔥花）

芫茜：1棵（洗淨、切碎）

紹酒：1湯匙

水：6杯

450 g belly of bighead carp (rinsed and removed black membrane)

38 g black salted turnip (rinsed and diced finely)

38 g ginger (rinsed and diced finely)

1/10 dried tangerine peel (soaked until soft, scraped off the pith and diced)

2 sprigs spring onion (for steaming fish)

1 sprig spring onion (chopped)

1 stalk coriander (rinsed and chopped)

1 tbsp Shaoxing wine

6 cups water

### 獻汁 SAUCE

生粉水：適量

（生粉2湯匙與水6湯匙拌勻）

2 tbsps caltrop starch solution (2 tbsps caltrop starch mixed with 6 tbsps water)

### 調味料 SEASONING

胡椒粉：少許

蠔油：少許

鹽：1/2茶匙

ground white pepper

sesame oil

1/2 tsp salt



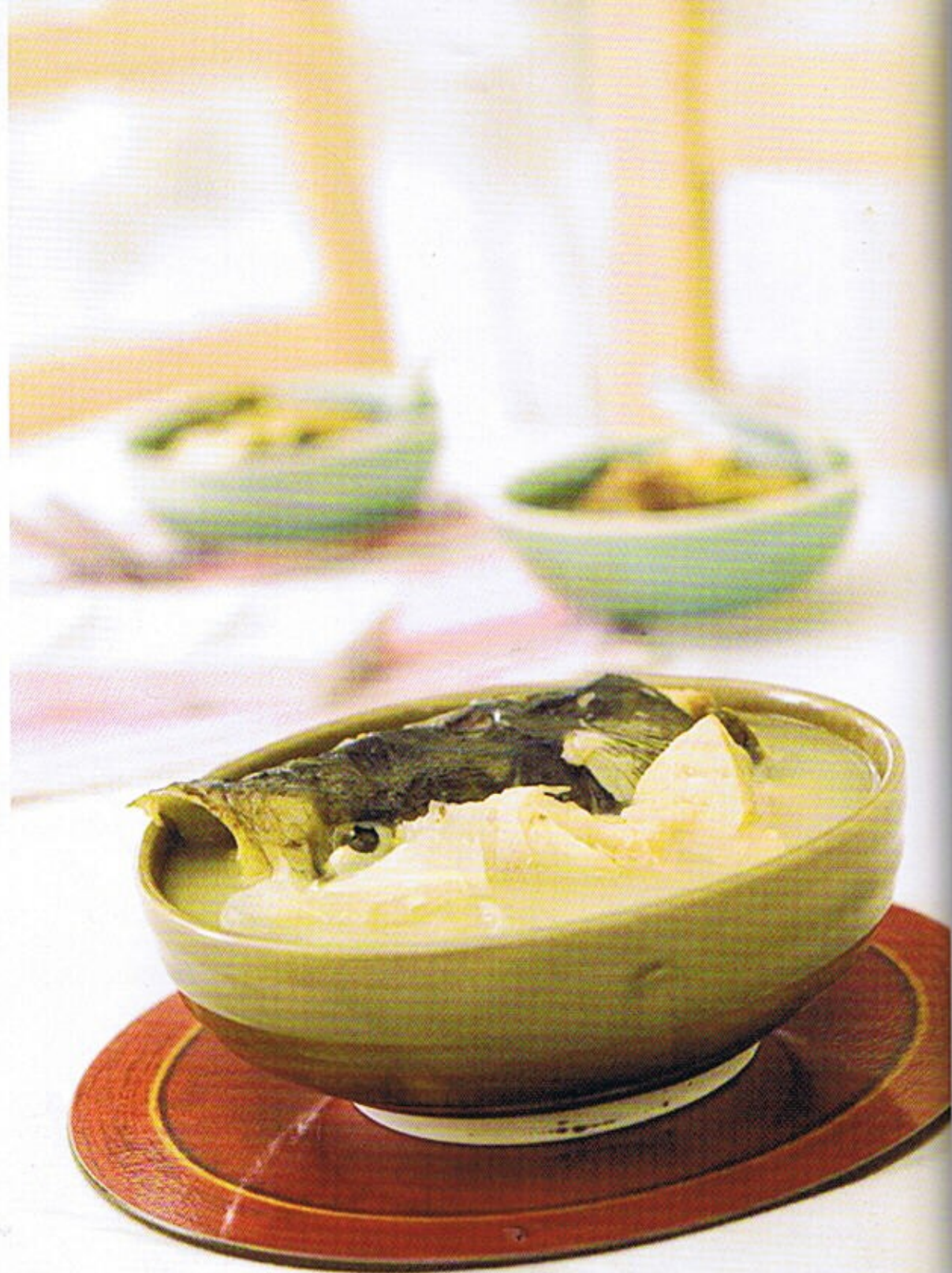
## 做法 METHOD

1. 用蔥 2 條墊於碟底，放上魚蒸 7 分鐘至熟。取走蔥，魚汁留用。
  2. 將魚腩去皮、拆骨，用叉將魚肉搗爛，備用。
  3. 燒熱油 1 湯匙爆香薑粒、沖菜粒及陳皮粒，贊酒。傾入蒸魚餘下的魚汁，再加入水煮滾。
  4. 水滾後放入魚肉，隨後加入生粉水，邊加邊攪拌，直至稀稠剛好。
  5. 享前加入胡椒粉、麻油、鹽、芫荽及蔥。
1. Arrange the fish over 2 sprigs of spring onion on a plate. Steam for 7 minutes until done. Remove the spring onion and save the liquid on the plate.
  2. Skin and bone the fish belly. Crush the flesh with a fork. Set aside.
  3. Heat 1 tbsp of oil in wok. Stir-fry diced ginger, diced salted turnip and diced dried tangerine peel until fragrant. Sprinkle wine. Add liquid from steaming fish and water. Bring to the boil.
  4. Stir in the fish flesh. Stir in the colltrop starch solution and cook until it thickens.
  5. Add ground white pepper, sesame oil, salt, coriander and spring onion. Serve.



### Remark:

- 湯羹煲好後，可加半杯鮮奶，孩子們會更愛喝。
- Add half cup of milk to the boiled soup can make children love it more.



# ● 魚頭天麻湯

## Fish Head Soup with Tian Ma

### 材料 INGREDIENTS

瘦肉：半斤（飛水）

大頭魚魚頭：1 大個（煎香）

天麻：3 片（略洗）

鮮筍：半斤（去殼、切塊、飛水）

粉皮：4 塊（切粗條）

水：16 杯

300 g lean pork (scalded)

1 large bighead carp (fried until fragrant)

3 pieces Tian Ma (rinsed)

300 g fresh bamboo shoots (shelled, cut into pieces and scalded)

4 pieces mungbean sheet noodles (cut into thick strips)

16 cups water

### 做法 METHOD

1. 水滾後，除粉皮外，放入其餘材料，滾 10 分鐘後改用中慢火煲 1 1/2 小時。

2. 加入粉皮，煲 2 分鐘後即可下鹽調味享用。

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

2. Put in mungbean sheet noodles. Cook for 2 minutes. Season with salt. Serve.



### Remark:

- 此湯有驅風、息乾風的功效，對用腦過度及讀書傷神者均有舒緩作用。
- This soup expels Wind and stop it from accumulating in the body. It also soothes mental exhaustion among those who think too much or study too hard.

# 涼瓜 Bitter Melon

聽過杜沅涼瓜沒有？以前，在杜沅出產的涼瓜只會運到上海、香港等地出售。所謂出口貨，都是一等一的正貨。我們來拍江門的三大特產，除了新會陳皮、恩平石蛤外，就是杜沅涼瓜了。

看見掛在棚架上的涼瓜，又肥又大，我又忍不了手，到處找尋樣子齊整的摘下來，好過癮！農夫告訴我，要挑短度闊身的杜沅涼瓜才爽口無渣。嘿，我又學懂揀涼瓜的秘訣了。

原來農場主人特別留下一個特大的涼瓜王讓我們拍攝，我們似在玩尋寶遊戲，在偌大的涼瓜棚尋覓覓，終於讓我發現那個涼瓜王，當堂「嘩！嘩！嘩！」大叫起來！因為相比之下，這個涼瓜王也實在太大了。切開涼瓜王，裏面的肉都已變成鮮紅色，那一粒粒核可作種子。以前我們在市面買到的涼瓜偶然也見過紅肉的，原來熟透的涼瓜有養血滋肝、潤肺、補腎的食療功效哩！

我摘了幾個新鮮涼瓜，清洗乾淨，到達酒店後，借廚房的刀，切開涼瓜，用話梅水、梅酒浸泡一會。吃晚飯時添了一道涼菜，嘗到新鮮涼瓜的好味道！

涼瓜又名苦瓜，含豐富的維生素B、C，能清熱解毒、消暑明目、通腸胃、助消化，好處多多哩！





Have you ever heard of bitter melons from Du Yuan? They were of "export quality" and were only shipped to Shanghai or Hong Kong. Except the dried langerine peel from Xin Hui and the giant spiny frogs from En Ping, the bitter melons from Du Yuan is one of the three specialty crops of Jiang Men.

Looking at the large and plump bitter melons hanging on the sheds, I could not resist but picked them off. The farmers told me that only short and fat Du Yuan bitter melons taste crunchy without any tough vein. Here comes another special trick from the Insider for choosing bitter melons.

The farm owner wanted to find the largest melons for shooting and all of us started looking among the many melons of similar sizes. Lastly I found a gigantic one and I screamed. We cut open this gem and its flesh has turned red while the seeds were all mature. Sometimes we saw bitter melons with red flesh in the markets and fully mature bitter melons invigorate the blood, nourish the Liver, the Lungs and the Kidneys.

I picked some fresh bitter melons and rinsed them. I cut them open in my hotel room and soaked them in plum juice and plum wine for a while. It makes a delicious cold appetizer.

They are rich in vitamins B and C. They remove Heat and toxins, improve eyesight, help clear the waste in the intestines and Stomach while aiding digestion.



# 豬骨涼瓜湯

## Bitter Melon Soup with Pork Bone

### 材料 INGREDIENTS

豬骨：1斤（飛水）	600 g pork bones (scalded)
涼瓜：3個（去瓤、切大塊）	3 bitter melons (scraped off the pith and cut into large pieces)
鹹酸菜：4兩（切塊、用白鹽烘乾）	150 g pickled mustard green (cut into pieces and stir-fried in dry wok)
黃豆：2兩（洗淨、略浸）	75 g soy beans (rinsed and soaked for a while)
南豆：2兩（洗淨、略浸）	75 g white hyacinth beans (rinsed and soaked for a while)
薑：10片（拍扁）	10 slices ginger (crushed gently)
水：18杯	18 cups water

### 做法 METHOD

1. 水滾後，放入所有材料，滾10分鐘後改中慢火再煲2小時即可。
2. 因有鹹酸菜，下鹽前宜試味。
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. As the pickled mustard green is salty, you should taste it first before seasoning. Serve.



### Remark:

- 此湯有祛濕、健脾的功效。
- This soup removes Dampness in the body and strengthens the Spleen.

# 大眼雞 Big-eyed Fish

外景車在鄉間公路上奔馳，到處找尋正在插秧的農夫，因為要拍攝在稻田水溝中捕捉禾花魚。嘿，你可別嘴硬，沒有就是沒有，車窗外雖然都是一片片偌大的農田，種的都是綠油油的植物，但都是空無一人的。

走了二十分鐘，好不容易見到前面的遠處有幾個人彎着腰在田裏幹活，彷彿在插秧。車子慢下來，仔細一看，果然是片稻田，而且有農夫在插秧，我們都樂透了，趕緊下車，找農夫們協助拍攝捕捉禾花魚的片段。

其實，四、五月不是禾花魚最肥美的季節，如果這些農夫沒有撒下魚苗，又那會有禾花魚呢？幸而我們有備而來，買了幾條現成的禾花魚，找到一個會說普通話的農夫（起碼不是聽不懂的鄉下話）。我們把禾花魚放進稻田的水溝，裝作捕捉禾花魚。雖然只是兩個鏡頭，但拍得比任何環節都困難。因為當時正好是放學時間，農家的孩子們都放學歸家，路經田畝見我們捕捉禾花魚，他們一下子都跳下來幫忙，這班可愛的孩子看來只有六、七歲，個個都天真活潑，你還真的不忍心罵他們幫倒忙哩！

這幅畫面令我感觸良多，都市長大的孩子，放學後就伏案做功課、上網，而鄉間的孩子就赤着腳幫忙做家务。夕陽下，孩子們彎身插秧的剪影，令人難忘。

在香港，也沒有辦法找到禾花魚，眼看那鍋酸辣魚湯，既鮮美又惹味，我靈機一觸，把禾花魚換成大眼雞（或任何魚類），把酸筍絲換成鹹酸菜，加點辣椒，又香又鹹又辣，不也一樣美味嗎？

你有興趣試試嗎？





Our car ran fast on roads in villages to find farmers transplanting rice seedlings. However we only saw endless green fields without a soul.

After 20 minutes, we finally saw some people bowed in the fields and they seem to be transplanting seedlings. Our car slowed down and we are excited. We got off the car hurriedly and requested the farmers to help us in shooting He Hua fish.

In fact, April and May are not the months with the fattest He Hua fish. And if the farmers did not put in young fish there would not be any He Hua fish. Luckily we prepared several He Hua fish to be put into the water grooves in the rice field so that the farmers could pretend to catch fish and talked in Mandarin (at least not talking in incomprehensible dialects). Those two shots were the most difficult among all shootings. It was because children came back home from school at that time and they were eager to help with catching fish when they passed by. However these 6 or 7-year-old naive children were not helpful at all but it was too cruel to scold them.

That scene gave me a stirring of emotions. Children in cities hurried to do homework or get online after school while children in villages help to do housework with barefoot. The picture of children bowing to transplant seedlings during the sunset is unforgettable.

There was no way to find He Hua fish in Hong Kong. When I had spicy and sour fish soup, it came to my mind that big-eyed fish can be used instead of He Hua fish and pickled bamboo shoots can be changed to pickled mustard greens. With some chillies, it tastes sour and spicy and still delicious.

Would you have a try?



# 大眼雞酸辣湯

## Sour and Spicy Soup with Big-Eyed Fish

### 材料 INGREDIENTS

瘦肉：4兩（切絲，用1/4茶匙鹽、1/2茶匙生粉、少許胡椒粉略醃）	150 g lean pork (shredded and marinated with 1/4 tsp salt, 1/2 tsp callotop starch and ground white pepper)
大眼雞：1條（去魚皮）	1 big-eyed fish (skinned)
鹹酸菜：5兩（切絲，白鹽烘乾）	188 g pickled mustard green (shredded and stir-fried in a dry wok)
紅辣椒：4隻（切絲）	4 red chillies (shredded)
薑：4片（切絲）	4 slices ginger (shredded)
蒜頭：2粒（切片）	2 cloves garlic (sliced)
蔥：2條（切度）	2 sprigs spring onion (sectioned)
紹酒：1湯匙	1 tbsp Shaoxing wine
滾水：6杯	6 cups boiling water

### 做法 METHOD

1. 燒熱油2湯匙，將魚煎香後，盛起備用。
2. 將餘油爆香瘦肉、鹹酸菜、薑絲、紅辣椒絲和蒜片，贊紹酒。
3. 加入已煎香的魚，隨即注入滾水，撇去浮面的泡沫。
4. 煮約10分鐘即可，下蔥度，享用前先試味及下胡椒粉。
1. Heat 2 tbsps of oil in wok. Fry the fish until fragrant. Set aside.
2. Stir-fry lean pork, pickled mustard green, ginger shreds, red chilli shreds and garlic slices in the remaining oil until fragrant. Sprinkle wine.
3. Add the fish. Pour in hot water. Skim off the bubbles on the surface.
4. Cook for 10 minutes. Add spring onion sections. Taste the soup and season with ground white pepper. Serve.

### Remark:

- 這湯味道酸中帶辣，可令食欲大增。
- This soup tastes spicy and sour thus can whet the appetite.



# 芡實 Fox Nut

「吾湯吾水」開工的第一天，清晨七點，外景隊的工作人員就中港城碼頭集合，實行來個摩登八仙過海。

我們乘坐汽墊船，花四小時十分鐘就到達肇慶。導演一早吩咐船泊岸後就馬上開工，我不得不化好妝、梳好頭，隨時準備迎接第一個鏡頭。把行李放進酒店房間後，再經二十分鐘車程搭一小型渡船到了沙浦，終於見到芡實的真面目——芡實是浮萍上的果實。

外景隊到一個池塘拍攝，導演與攝影師遠遠的站在小路旁，鏡頭看到我走在池塘旁的田畝向觀眾介紹芡實的出產地，可是你卻無法想像田畝中有好多洞洞，田鼠在洞穴中又進又出，完全視我如無物；而比雞蛋大的蝸牛，也在野草堆中蟻行，十分恐怖。但礙於這是我第一次作主持，我不想工作人員留下一個不成熟的形象，只好「死頂」，心裏只嚷着：「快點拍、快點走！」這一刻，我已告訴自己，「吾湯吾水」之旅，絕對是不簡單之旅！

因時節的不配合，我們只拍到浮萍，芡實則尚未成形。但當車子到達芡實加工場，一堆堆如小山般的黑色果實堆放在廣場上，遠看儼如鋪路的瀝青。

原來芡實在每年秋天才有收成，分8毫米、10毫米和13毫米三種體積，新鮮的芡實雖然輕，但外殼卻奇硬，不易切開。把芡實倒入機器內分了大、細，再經過浸水程序，將浮面的芡實撈出，濾去泥沙，就可以堆放在廣場待曬乾。工人將芡實用犁扒開，灑上機油，再曬一、二小時，曬乾後放進機器中切割。所以，在市面上買到的芡實都是半邊的。

偶然，你也可以買到完整一顆顆的芡實，那是要以人手用特別器具剪開的，因為外殼太硬，芡實太細，容易滑走更易傷手。熟手女工一日可剪十斤，批發價每斤人民幣十四元，想到女工的辛勞，這個售價實在太值得了！

新鮮芡實肉質雪白，外包裹着一層淡紅色的外衣，一般真空包裝的鮮芡實是經過硫磺漂白，雖然白雪雪的，但有一定的酸度，購買前請自己衡量。

芡實，性平味甘，能健脾止瀉、祛濕，適用於脾虛濕盛。所以每逢大暑後的祛濕湯內，一定會有芡實。而因是次拍攝，更嘗到一味「臘肉芡實燉芋仔」，味道好地道、好特別，印象難忘，沒想到用芡實來做主菜是那樣的動人！



The crew went to a pond for shooting in Sha Pu. I saw the unimaginable true face of fox nuts. Fox nuts are fruits of duckweed. I introduced the origin of fox nuts while walking on the field. The director and photographer were on a path nearby. However you can never imagine how many holes there are on the field with voles going in and out of them. They simply ignore me. There were also snails whose shells are larger than eggs and they are horrible. As this was my first shot and I did not want to appear naive before the crew, I managed to talk without any unusual facial expression but I was so keen on finishing and leaving early. At that time I truly understood that the shooting of *Secrets of Soups* would not be easy and comfortable!

The duckweeds did not have fox nuts on them at that time. But when the car arrived at the fox nuts processing place, you can see piles of black fruits lying on the ground and they looked like asphalt for road paving from far.

Fox nuts are harvested in autumn and fox nuts come in different sizes: 8 mm, 10 mm and 13 mm in diameter. Fresh fox nuts are light in weight but have hard shells that are not easy to cut open. Fox nuts were put into a sorting machine into different sizes and then soaked in water. Those floating on water were taken out. The sand and soil was removed. Next, they were laid on the ground to dry under sunlight. The workers would spread them out with a plough and sprinkle machine oil on top and let them dry for 1 or 2 hours. Lastly they were cut into halves in a machine. So the fox nuts we bought in the market are halved.

Sometimes you can buy whole fox nuts and they are shelled by hand with a special tool. As the shells are hard and the nuts are small, they slip away easily when cut open. A skilled labour can cut 10 catties (6 kg) of fox nuts a day while the wholesale price is RMB14 per catty only. It's really worthwhile when you think about the hard work behind them.

Fresh fox nuts are white in colour with a layer of light red skin. Those vacuum-packed ones have been bleached with sulphur. Though they look good, they are acidic and you should make a choice between the look and the taste.

Fox nuts taste slightly sweet and are neutral in nature. They strengthen the Spleen, stop diarrhea, remove Dampness and cure overfire-Dampness in the Spleen. So there must be fox nuts in *Dampness-removing Soup* served in hot summer. I was delighted to try *Stewed Taro with Dried Pork and Fox Nuts* in the program and it tasted special with a local flavour. I have never thought of a dish made with fox nuts can taste so good!



# 芡實佛掌瓜湯

## Fox Nut Soup with Chayote and Lean Pork

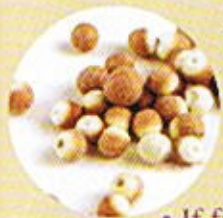
### 材料 INGREDIENTS

瘦肉：12兩（飛水）	450 g lean pork (scalded)
佛掌瓜：4個 （去皮、每個切開四件）	4 chayotes (peeled and each cut into 4 pieces)
芡實：2兩（洗淨、略浸）	75 g fox nuts (rinsed and soaked for a while)
百合：1兩（洗淨、略浸）	38 g dried lily bulbs (rinsed and soaked for a while)
黃耳：3錢（洗淨、浸半天）	12 g yellow fungus (rinsed and soaked for half day)
蜜棗：2粒	2 candied dates
水：12杯	12 cups water

### 做法 METHOD

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

### Remark:



- 若用鮮百合，宜在關火前5分鐘才放入。此湯有健胃、祛濕的功效。
- If fresh lily bulbs are used, put them in 5 minutes before you turn off the heat. This soup strengthens the Stomach and removes Dampness from the body.

# 紅蘿蔔 Carrot

在北美洲，紅蘿蔔價錢好便宜，用紅蘿蔔的機會與洋蔥不相伯仲，無論煲湯、燴或做西點，甚至做沙律都會用得上。

在番禺種紅蘿蔔的田裏，陳書記教我如何拔出飽滿的紅蘿蔔。這片紅蘿蔔田不算大，相信與食用紅蘿蔔的比例有關，因紅蘿蔔每年只得一造，產量不算多，所以賣的價也較高。在中國，三色蘿蔔的價錢最貴是紅蘿蔔，其次是青蘿蔔，最便宜的要算白蘿蔔了。

挑紅蘿蔔要看近葉的部位，以夠渾圓、夠肥壯的為佳品。剛拔出來的紅蘿蔔圓渾有致，身上的白髒不多，略沖水，就恨不得一口咬下去，清甜甘潤。

陳書記指着不遠處，高高枝葉上開了小白花的植物，煞是可愛，原來那是已過老的紅蘿蔔，來不及收割，已經不能再食用。

信手拈來許多以紅蘿蔔作煲湯材料的食譜：可配青蘿蔔煲豬脰，可配大白菜煲火雞蹄，更可與番茄、椰菜、馬鈴薯、洋蔥、青椒、西芹煲牛腩，加點茄膏就成了羅宋湯。

順帶一提，在「吾湯吾水」內煲的紅蘿蔔湯是用當地的地下泉水，聽說用這泉水煲飯，四天都不會變壞；用它來煲湯，湯水會更清甜。為了更有說服力，我也在鏡頭前大大地喝了幾口，果然清澈清涼、甘甜可口。

事後，工作人員瞪大了雙眼：「你怎麼這樣大膽？萬一水土不服，拉肚子，我們豈不是要班師回朝？」幸好，本人福大命大，幸保健康，不致累及街坊。



Carrots are cheap in North America. Same as onions, they are frequently used in eastern soups, stews, desserts and salads.

At the carrot farm in Panyu county, government official Chen taught me how to pick out the luscious carrots. This carrot field is not very large and it may be related to the low consumption of carrots. Carrots are harvested once a year and thus the price is high.

So in China carrots are more expensive than green turnip and white radish. Good carrots should be full and fleshy around the leaves. Freshly plucked carrots should have a round fullness without many roots. Rinse and then you can have crunchy and sweet bite.

Chen pointed to a place not far away where there were little white flowers on tall branches. They were old carrot trees when the farmers missed the harvest season. The tuber cannot be eaten anymore.

Carrots make a match with many different ingredients for soups. They match with green turnips and pork; Chinese white cabbage and turkey legs. Add tomatoes, cabbage, potatoes, onions, sweet peppers, celery, beef brisket and potato paste to make borsch.

By the way, I used spring water from an underground source to make soup in *Secrets of Soups*. It is said that rice cooked with the spring water would not go bad in 4 days while soups made with the spring water are refreshing. To be more convincing, I drank several mouthfuls of spring water on the show and it was sweet, cool and refreshing.

After that my colleagues are shocked by my brave action. They warned me of potential risk and luckily I did not get sick.



# 紅蘿蔔五果湯

## Shin of Pork Soup with Carrot and Fruit

### 材料 INGREDIENTS

豬脰：12兩（飛水）	450 g shin of pork (scalded)
紅蘿蔔：2條（去皮）	2 carrots (peeled)
粟米：2條	2 corn-on-the-cobs
陳皮：1個（浸軟、去瓢）	1 dried tangerine peel (soaked and scraped off the pith)
燻冬瓜：10條	10 candied wintermelon
蘋果：4個（去心、切半）	4 apples (cored and cut into halves)
番茄：4個（每個切開4件）	4 tomatoes (each cut into 4 wedges)
水：18杯	18 cups water

### 做法 METHOD

1. 水滾後，除蘋果及番茄外，放入其餘材料滾10分鐘，再調中慢火煲1 1/2小時。
2. 加入蘋果、番茄，再煲1 1/2小時，即可下鹽調味。

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

### Remark:

- 這湯譜是由陸醫師夫人提供，廣受大眾歡迎，值得一試。  
這湯含豐富維生素，並有生津和胃的功效，老幼咸宜。

- This recipe is provided by Mrs Luk, wife of Dr Luk. It is very popular and surely worth to try. This soup is rich in vitamins, promotes secretion of body fluids and regulates the functioning of the Stomach. It is thus suitable for all ages.



# 木棉花 Kapok Flower

那天，外景隊突然在路邊停下，原來導演要拍一個木棉樹的鏡頭，可惜當時是四月初，木棉仍未開花，只見一株樹身高大、枝幹整齊的木棉樹，徒添一絲孤單的感覺。

看到木棉(又名英雄樹)，我就想起摯友羅文唱的「紅棉盛放天氣暖洋洋，英姿勃發堪景仰……英雄樹力爭向上，紅棉獨有傲骨幹」。

一棵挺拔的英雄樹，一朵朵驕紅的木棉花，都惹起我的哀愁……

用作煲湯料的木棉花，通常都是曬乾了，攪成一團，顏色暗淡的，與鮮花相比，外觀何止相距萬里。然而，這種曬乾了的木棉花可以入藥，有清熱、祛濕的作用，更可治腸炎、菌痢、慢性胃炎、潰瘍等病。

小時候常喝的五花茶內，就有木棉花；祛濕冬瓜湯內，亦會見到木棉花。當你見到木棉花掛在樹幹上，就要仔細的欣賞——樹的雄壯、花的嬌豔。

The director wanted to shoot kapok trees in early April but it was not a blooming season and the standalone tree looked lonely.

I remembered a song about kapok flowers sang by my friend, the late artist Roman Tam. The song described how kapok trees grow up against all odds like a hero with its strong branches.

A lovely tune indeed, but the stems and flowers of kapok trees only remind me of sadness... ..

Kapok flowers used as soup ingredients are dried with pale colours and look quite the contrary to fresh flowers. Dried kapok flowers can be made into medicine and helps remove Heat and Dampness, cure enteritis, bacillary dysentery, chronic gastritis and ulcer.

The popular *Five-flower Herbal Tea* in Guangdong province has kapok flowers in it. They may also appear in *Dampness-removing Wintermelon Soup*. Take your time to appreciate the magnificent tree and charming flowers of Kapok next time.



# 木棉花稀粥

## Kapok Flower Congee

### 材料 INGREDIENTS

乾木棉花、淮山、蓮子、  
生薏仁：各1兩（洗淨、略浸）  
燈芯草：10個（洗淨、略浸）  
米：1/2杯（洗淨）  
水：10杯

38 g each of dried kapok flowers, Huai Shan, lotus seeds and raw Job's tears (rinsed and soaked for a while)  
10 Deng Xin Cao (rinsed and soaked for a while)  
1/2 cup rice (rinsed)  
10 cups water

### 做法 METHOD

1. 將所有材料放入煲內，水滾後改調慢火，約1小時後檢查米是否已稀爛，如稀爛即成。
  2. 下鹽或糖品嘗。
1. Put all ingredients into a pot. Bring water to the boil. Reduce to low heat and cook for 1 hour. Check if the rice is soft.  
2. Season with salt or sugar. Serve.



### Remark:

- 此粥特別適合小童食用，有開胃、健脾、祛濕的功效。
- This congee is especially good for children and it helps whet the appetite, strengthen the Spleen and remove Dampness in the body.



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習慣以湯會友的Gigi，  
喜歡聞湯香多於花香；  
深信維繫家人的心，  
除了關懷與愛外，  
一鍋靚湯亦不可缺少。

她透過生動活潑、真摯的筆觸，  
與我們分享拍攝「吾湯吾水」時的所見所聞，  
並把每款湯水材料重新調配，  
務求適合廣大讀者享用。

Everybody has his/her special trick in social gatherings and Gigi Wong makes hearty homestyle soup to bring her friends closer. She has come to like the smell of soup more than flowers. Apart from care and consideration, she believes a pot of long-boiled soup made with a passion is the indispensable key to unite a family.

Through her lively and touching writing style, Gigi shares the fun-filled episodes behind the scene of the popular TV show "Secrets of Soups." She also revised some of the ingredients to suit local needs and availability. Everybody should learn to make soup sometimes and here's your best guide for a whole new world of soup making.

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