

虫草花鲍鱼鸡汤

CORDYCEPS FLOWER AND CHICKEN SOUP

INGREDIENTS

- 1 skinless chicken drumstick
- 5g cordyceps flowers
- 2 honey dates
- 2 dried figs
- Salt to taste

METHOD

1. Blanch chicken drumstick for 5 minutes.
2. Soak cordyceps flowers to soften. Rinse honey dates and dried figs. Set aside.
3. Put all Ingredients (except salt) into a thermal cup and pour in enough boiling water to cover ingredients. Cover the thermal cup to preheat for 3 minutes.
4. Pour away water and add a new batch of boiling water to cover ingredients.
5. Cover and allow to rest for 3 hours.
6. Before serving, add salt to season.

材料

- 去皮鸡腿 1只
- 虫草花 5克
- 蜜枣 2粒
- 无花果 2粒
- 盐 适量

做法

1. 鸡腿汆烫5分钟。
2. 虫草花浸软，将蜜枣和无花果洗净，备用。
3. 将所有材料（盐除外）放入保温杯，倒入适量沸水至掩盖材料，加盖预热3分钟。
4. 把水倒掉，重新倒入沸水。
5. 加盖静置3小时。
6. 食用前加入盐调味。

CORDYCEPS FLOWER 虫草花

Helps moisten the throat, improve cardiovascular disease, anti-aging and reduce fatigue.

帮助清喉咙、改善心血管疾病、抗衰老和减少倦怠乏力。



Recipe from:
Nourishing Soups for Kids
儿童保健汤水