



# 100道 安家靚湯

Healthy Soups  
for the Family



葉胡影儀



100 個令你回家吃飯的愛心湯

排毒美顏 · 止咳抗病 · 開胃強身……



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# 序

## 老火靚湯，家的情味

小時候，老火靚湯對於我們，也許只是一道有益的家常小菜。當一家人圍坐品味着一碗熱騰騰、味道鮮美的濃湯，哪會想起湯水中一份深厚的情誼呢？

但當我們逐漸成長，才明白媽媽用心炮製一鍋滾燙的鮮湯，雖簡簡單單，但有滋有味，是情的表現。她們把守望和溫情融進湯裏，如此有情有味，總讓在外打拼的家人牽牽掛掛，走得再遠也懂得回家。

## 老火靚湯，餐桌上的寵兒

喝湯水是人生一種享受，難怪廣東人執着於老火慢煲喝靚湯的習慣。雖然家家戶戶的媽媽們手藝不一定爐火純青，但在她們手上總少不了一兩道拿手湯譜，不用專門去學習煲湯，卻能讓一碗湯成為餐桌上的小寵兒，香氣瞬間觸動味蕾，沁人心脾，給家人幸福、健康的味道。

## 老火靚湯，獨特文化

廣東人很喜歡喝老火湯的歷史由來已久，煲湯亦成為廣東人一種獨特的文化，熬一鍋湯亦甚為講究：講究老火；講究食材；講究原汁原味，崇尚以湯水養人。然而媽媽們的湯譜通常只是以口耳相傳的方式，世代相傳。可是，到了現代社會，媽媽們工作忙碌，或是職場婦女，要依從季節轉換而準備煲湯的應季食材，如肉類、螺頭、粟米、蘿蔔、白菜乾、羅漢果、南北杏、蜜棗等乾物時鮮，確實不容易，且對煲湯往往不得要領，因此老火靚湯未必是每天吃飯的必備品。

## 老火靚湯，以愛承傳

讓大家幸福、健康，是我的「使命」。為了承傳廣東人煲湯的獨有文化，我費盡心思，掌握四時天氣的特點，運用不同的食材，巧妙搭配，跟大家分享一百款經典的煲湯配方與煲湯的一些小竅門。期盼您看過這些令人滋潤心田的湯譜，可煲出鮮美的湯以饗家人。

生活就像一碗濃湯，需要您用心去煲，用情品味。試想像：在黃昏的燈光下，媽媽端着一碗冒熱氣的湯，擺在桌上，盼啊盼！盼着晚歸的丈夫兒女回家，一起共享美味、分享快樂，多麼溫馨動人的生活片段！

感謝天父，承蒙萬里機構的邀請及簡小姐的協助，看到出版的第四本食譜，給我無比的信心，更學會用心把廚藝傳承下去。雖然生活忙得喘不過氣來，卻能完成這本書，那動力源自愛護我的家人：大兒子柏年、媳婦 Polly 和小兒子阿冠、Christina Yam、Patie Sze、樺女、美姐、基督教協基會路加堂及教會的弟兄姊妹。他們的關心鼓勵與陪伴，讓我跟大家分享了美好的事物。

最後，謹以此書向天父獻上感恩，也紀念在天父懷抱裏的先夫葉志超先生。

胡影儀



## 葉胡影儀女士

Mrs. Yip Woo Ying Yee

被學生稱為「鄰家的媽媽」的葉太，心靈手巧、廚藝精湛、熱愛烹飪，尤其炮製家常小菜更是拿手絕活。

### 廚藝顯真情

25 年以來，葉太憑着對烹飪的熱誠，勇於實踐天賦，成為專長的職業，在聖公會聖匠堂教授再培訓課程及陪月課程；於屯門明愛僱員再培訓中心、社會福利署長沙灣中心、香港遊樂場協會及香港明愛社區及高等教育服務等多間社區中心擔任烹飪班導師。

葉太授課時講解生動，以簡易的做法炮製特色美食，透過食材的運用及配搭，讓學生掌握材料的特點，體驗烹飪的樂趣，桃李滿門。

### 菜餚會摯友

葉太性情和善，樂意與別人分享美食，經常在家款待良朋摯友，為大家炮製各款令人嘖嘖稱讚、色香味俱全的菜餚。友人邊品嚐美餚，邊輕談淺酌，滿室歡聲笑語。

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# 煲靚湯，有技巧 媽媽教你煲湯要點

## Keys for Cooking Delicious Soup

美味的老火湯最深得全家人喜愛，遵照以下的煲湯要訣，令家中老幼品嘗一鍋暖入心頭的保健湯水，就是媽媽的心願。

- 肉類、雞、鴨、乳鴿、鷓鴣等宜先飛水才下鍋煲湯，凍水放入令血水及污垢從內徹底逼出來，辟除異味，煲出來的湯水不渾濁。
- 鍋內要注入足夠的清水，蓋過材料表面最合適。
- 將水燒成大滾後放入材料，再翻滾才調至中火煲半小時，收小火煲成老火湯，令湯味濃郁。
- 材料下鍋有先後之分，肉類需長時間熬煮，宜先下；瓜類、雪耳等容易煲至散爛，宜後下。
- 毋須剪去雞腳的趾甲，以免湯水變得油膩。
- 鴨件先放入白鑊烘至微黃，可去除羶味，而且湯水呈奶白色。
- 先將魚煎至微黃，瀝滾水煲一會後，才一併倒回湯煲繼續煲成老火湯。
- 煲魚湯可加入瘦肉或豬腱，令湯味更濃，鮮甜美味。
- 將材料及滾水放入燉盅後，用紗紙緊封燉盅，保存食物的原味及溫度。
- 燉湯時，要時刻留意熱水份量是否足夠，若鑊內的熱水蒸發掉，必須注入熱水繼續燉製。

- Meat, chicken, duck, pigeon and partridge need to be blanched before making soup. Put them in cold water and bring it to the boil. It can release all blood and dirt out of the ingredients and get rid of the unpleasant smell. The soup will not be muddy.
- Fill the pot with sufficient water to cover the ingredients.
- Bring the water to a rolling boil and then put in the ingredients. Bring it to the boil again and adjust to medium heat to cook for half an hour. Turn down the heat and let it simmer into a rich and tasty soup.
- Cook the ingredients in sequence of their different textures. Add the meat first as it needs long cooking. Some ingredients like melon and white fungus will break easily over cooking, add them in later.
- Do not cut off the nails of the chicken paws to avoid a greasy soup.
- Roast the duck in a dry wok until light brown to remove its muttorny smell and make the soup milky.
- Fry the fish until light brown, pour in boiling water to cook for a while, and then transfer the fish and the soup to the pot to continue simmering.
- Fish can be cooked with lean pork or pork shank to make the soup more sweet and delicious.
- After the ingredients and the boiling water are put into a double-steaming pot, seal the pot with muslin paper to keep the temperature and the original flavour of the food.
- When double-steaming a soup, always check whether the hot water in the wok is sufficient. If it evaporates, add in hot water to continue stewing.



## 媽媽的保健櫃

### 健脾祛濕

Mom's Health Care Cabinet ~

To reinforce the function of the spleen and dispel dampness

#### 雞骨草 Ji Gu Cao

是中國嶺南常用的中草藥，有消炎解毒、清熱祛濕的功效，據稱有保護肝臟及抗炎的作用。可於中藥店、山草藥檔有售，多煲成涼茶或湯飲。

A Chinese herbal medicine commonly used in the regions south of China, it helps relieve inflammation, remove evil heat and dispel dampness. It is said that it can protect the liver and reduce inflammation. It can be bought at the Chinese medicine shops and herbal medicine stalls, and is usually cooked into herbal tea or soup.



#### 白朮 Bai Zhu

是四君子湯中的重要成分之一，補氣健脾，增強免疫力，促進消化能力，強壯身體。建議白朮與其他中藥（如雲苓）一併使用，才能發揮其功效。中藥店有片裝出售。

It is an important ingredient of the Sijunzi Decoction to reinforce Qi, invigorate the function of the spleen, boost immunity, promote good digestion and strengthen the body. It works by using it with other Chinese medicine like Yun Ling. Sliced product is sold at the Chinese herbal medicine shops.



### 冬瓜皮 Winter Melon Skin

削皮曬乾而成，不僅冬瓜具保健功效，冬瓜皮也有清熱、利尿消腫、消暑解渴、降血糖等作用。一般泡茶飲用有利水減肥之效，煲成老火湯亦可解暑。

It is the sundried skin of winter melon. Winter melon is a healthy food but the skin itself also helps remove evil heat, aid urination, relieve edema, clear up summer heat, quench thirst, and lower blood sugar level. The skin made into tea is effective in reducing weight through diuresis while long-boiled soup helps relieve summer heat.



### 牛大力 Niu Da Li

有清熱解毒、祛風利濕、強筋活絡、補虛潤肺及治風濕骨痛的功效，經常配搭其他材料煲成湯飲，如土茯苓鯪魚、粉葛赤小豆等，令湯水清甜美味。中藥店可選購乾片裝；山草藥檔有整支出售。

It helps remove toxic heat, expel the Wind, remove dampness, strengthen the tendons, activate the flow of vital energy in the collaterals, replenish vital essence, moisten the lung and treat rheumatic bone pains. It can be cooked into sweet and delicious soups with Tu Fu Ling and mud crap, kudzu and small red beans, and so forth. Sliced and dried products are sold at the Chinese herbal medicine shops, while sticks of fresh Niu Da Li can be found at medicinal herb stalls in the market.



### 土茯苓 Tu Fu Ling

具祛濕解毒、強健筋骨、通利關節的功用，也常用於治療皮膚不適，有止癢之效。街市山草藥檔有新鮮土茯苓出售，切成片煲湯，加強祛濕解毒的功效，可搭配牛大力及豬尾骨同煲。



It helps detoxify and dispel dampness, strengthen the bones and the tendons, and promote healthy joints. It is also used to relieve discomfort and itching on the skin. Fresh Tu Fu Ling is sold at medicinal herb stalls in the market. The efficacy of detoxification and dispelling dampness is enhanced by slicing and cooking it into soup. It can be cooked with Niu Da Li and pork backbone.



## 材料 Ingredients

粉葛 1.5 斤  
蠔豉 3 兩  
豬骨 1 斤  
鯪魚 1 條 (約 12 兩)  
陳皮 2/3 個  
蜜棗 4 粒  
赤小豆 1 兩  
扁豆 1 兩  
清水 16 碗

900 g kudzu  
113 g dried oysters  
600 g pork bone  
1 mud carp (about 450 g)  
2/3 dried tangerine peel  
4 candied dates  
38 g small red beans  
38 g hyacinth beans  
16 bowls water







# 粉葛鯪魚豬骨湯

Kudzu, Mud Carp and Pork Bone Soup

## ❖ 做法 Method

1. 豬骨飛水，過冷河；陳皮用水浸軟，刮去內瓢；蜜棗、赤小豆及扁豆洗淨。
2. 蠔豉放入有薑 2 片、蔥 1 棵及少許紹酒的水內，飛水及洗淨。
3. 粉葛去皮，洗淨，切件；鯪魚去鱗、去鰓，洗淨，抹乾。
4. 煲內加入清水 16 碗及陳皮，大火煲滾，下粉葛、蠔豉、蜜棗、赤小豆、扁豆及豬骨，煲約 1.5 小時。
5. 燒熱鑊，下少許油，放入鯪魚煎至微黃色，倒入熱湯滾約 10 分鐘，將魚及湯放回原煲再滾約 1 小時，下鹽調味即可。

1. Blanch the pork bone in boiling water and rinse under tap water. Soak the dried tangerine peel in water until soft and scrape off the pith. Rinse the candied dates, small red beans and hyacinth beans.
2. Blanch the dried oysters in boiling water with 2 ginger slices, 1 sprig spring onion and a little Shaoxing wine, and then rinse.
3. Peel the kudzu, rinse and cut into pieces. Remove the scales and gills of the mud carp, rinse and wipe it dry.
4. Pour 16 bowls of water into a pot, add the dried tangerine peel, and bring to the boil over high heat. Put in the kudzu, dried oysters, candied dates, small red beans, hyacinth beans and pork bone, cook for about 1.5 hours.
5. Heat up a wok, add a little oil, fry the mud carp until slightly brown, pour in the hot soup and boil for about 10 minutes. Transfer the mud carp and soup back to the pot, boil again for about 1 hour, season with salt. Serve.

## ❖ 媽媽愛心湯錦囊 Mom's cooking tips

- 在外工作繁忙，壓力爆燈，飲此湯有紓壓降火之效，而且解毒祛濕，是春夏常喝之家常湯水。
- This soup helps relieve pressure, reduce excessive internal heat, relieve the toxin and expel dampness. It is usually taken at home in spring and summer.





# 雞骨草豬尾骨湯

## Ji Gu Cao and Pork Backbone Soup

### 材料 Ingredients

雞骨草 4 兩	150 g Ji Gu Cao
豬尾骨 1 斤	600 g pork backbone
紅棗 6 粒 (去核)	6 red dates (cored)
陳皮 1 個	1 whole dried tangerine peel
清水 16 碗	16 bowls water

### 做法 Method

1. 雞骨草浸洗，剪短度備用；陳皮用水浸軟，刮去內瓢。
  2. 豬尾骨飛水，沖洗乾淨。
  3. 煲內加入清水 16 碗及陳皮煮滾，加入其餘材料用中火煲半小時，轉慢火再煲約 2.5 小時，下鹽調味即可。
1. Soak and rinse Ji Gu Cao, cut into short sections. Soak the dried tangerine peel in water until soft and scrape off the pith.
  2. Blanch the pork backbone in boiling water and then rinse.
  3. Put 16 bowls of water and the dried tangerine peel into a pot, bring to the boil. Add the rest ingredients, cook over medium heat for half an hour, turn down the heat, simmer for about 2.5 hours, season with salt. Serve.

### 媽媽愛心湯錦囊 Mom's cooking tips

- 常常夜睡、肝火盛的人，最適合飲用雞骨草湯，可清肝熱、去肝火。此湯健脾祛濕、補腎壯骨，材料如此簡單，不妨經常煲飲。
- Removing heat and quenching fire, this soup is most suitable for people who always sleep late and have excessive fire in the liver. The soup is made of simple ingredients but helps reinforce the function of the spleen, dispel dampness, replenish vital energy of the kidney and strengthen the bones. Try to cook and take this soup often.





# 鯽魚白朮薏米湯

Crucian Carp Soup with Bai Zhu and Job's Tears

## 材料 Ingredients

鯽魚 1 條 (約 1 斤)	1 crucian carp (about 600 g)
薏米 1 兩	38 g job's tears
白朮 8 錢	30 g Bai Zhu
陳皮半個	1/2 dried tangerine peel
薑 2 片	2 slices ginger
清水 10 碗	10 bowls water

## 做法 Method

1. 鯽魚去鱗、去鰓及內臟，洗淨及抹乾。
  2. 陳皮用水浸軟，刮去內瓢。
  3. 煲內放入清水 10 碗，下薏米、白朮及陳皮，用慢火煲約 30 分鐘。
  4. 燒熱鑊，下少許油及薑片，放入鯽魚煎至微黃，澆入部分熱湯滾約 15 分鐘，一併倒回湯煲再煲約 1 小時，下鹽調味即可。
1. Remove the scales, gills and internal organs of the crucian carp, rinse and wipe it dry.
  2. Soak the dried tangerine peel in water until soft, scrape off the pith.
  3. Pour 10 bowls of water into a pot, put in the job's tears, Bai Zhu and dried tangerine peel, cook over low heat for about 30 minutes.
  4. Heat up a wok, add a little oil and the ginger, fry the crucian carp until light brown. Pour in part of the hot soup and boil for about 15 minutes. Transfer the crucian carp with soup back to the pot, cook for about 1 hour, season with salt. Serve.

## 媽媽愛心湯錦囊 Mom's cooking tips

- 鯽魚益氣健脾、清熱解毒，配搭白朮及薏米煲湯，有祛濕、利關節及利尿等功效，而且鯽魚價錢廉宜，最適合一家大小飲用。
- Crucian carp helps promote the Qi, reinforce the function of the spleen and remove toxic heat. Cooked with the Bai Zhu and job's tears, the soup has the function of removing dampness through diuresis and easing joint movement. Crucian carp is also cheap in price and the soup is most suitable for the family.



# 冬瓜荷葉湯

## Winter Melon and Lotus Leaf Soup

### ❖ 做法 Method

1. 冬瓜去籽、去瓢，連皮切件。
2. 其他材料洗淨，全部放入湯煲內，加入清水 12 碗煲滾，用慢火煲約 1 小時，下鹽調味即可飲用。
1. Remove the seeds and pith of winter melon. Cut into pieces with the skin on.
2. Rinse the other ingredients, put all the ingredients into a pot, pour in 12 bowls of water and bring to the boil. Turn down the heat, simmer for about 1 hour and season with salt. Serve.

### ❖ 媽媽愛心湯錦囊 Mom's cooking tips

- 春夏季節最重要祛濕，濕氣太重令人渾身不自在、胃口不佳、疲憊易倦，我會煲此湯健脾祛濕，也可降血脂、消暑利尿，是夏天好湯。
- 此湯可用冬瓜皮 2 兩代替冬瓜煲成湯；也可加片糖或冰糖煲成甜湯，適合小朋友飲用，冰糖清甜；片糖則可解毒。
- It is most important to dispel dampness during spring and summer. I will cook this soup for reinforcing the function of the spleen and removing dampness. It also helps lower the level of blood lipids, clear up summer heat and promote the urine. The soup is good for summer.
- You can use 75 g of winter melon skin instead of winter melon cooking a soup. You may add slab sugar or rock sugar to make it sweet for kids. Rock sugar has a light sweet flavour while slab sugar helps remove the toxin.







## 材料 Ingredients

冬瓜 1 斤	600 g winter melon
冬瓜皮 1 兩	38 g skin of winter melon
荷葉（鮮或乾）1/4 塊	1/4 lotus leaf (fresh or dried)
山楂 1 兩	38 g hawthorn fruit
穀芽 5 錢	19 g GuYa
薏米 1 兩	38 g job's tears
赤小豆 1 兩	38 g small red beans
扁豆衣 5 錢	19 g coat of hyacinth beans
清水 12 碗	12 bowls water











# 金銀菜豬蹄湯

## Pork Shoulder Soup with Fresh and Dried Bok Choy

### 材料 Ingredients

白菜 1 斤	600 g fresh bok choy
白菜乾 2 兩	75 g dried bok choy
豬蹄肉 12 兩	450 g pork shoulder
蜜棗 4 粒	4 candied dates
陳皮 2/3 個	2/3 dried tangerine peel
南北杏 2 湯匙	2 tbsp sweet and bitter almonds
清水 14 碗	14 bowls water

### 做法 Method

1. 白菜乾用水浸軟，洗淨，切段；白菜洗淨，切度備用。
  2. 豬蹄肉飛水，沖洗乾淨。
  3. 陳皮用水浸軟，刮去內瓢。
  4. 煲內放入清水 14 碗及陳皮煲滾，下所有材料用中火煲半小時，轉慢火再煲約 1.5 小時，下鹽調味飲用。
1. Soak the dried bok choy in water until soft, rinse and cut into sections. Rinse the fresh bok choy and cut into sections.
  2. Blanch the pork shoulder in boiling water and rinse.
  3. Soak the dried tangerine peel in water until soft, scrape off the pith.
  4. Put 14 bowls of water and the dried tangerine peel into a pot, and then bring to the boil. Add all the ingredients, cook over medium heat for half an hour, turn down the heat and simmer for about 1.5 hours, season with salt. Serve.

### 媽媽愛心湯錦囊 Mom's cooking tips

- 金銀菜湯香味濃郁，家人最喜歡飲用。此湯可去除腸胃濕熱積滯、清涼降火，對便秘及痔瘡均有幫助。若加入羅漢果 1/4 個同煲，效果更佳。
- Easing constipation and hemorrhoids, this soup helps dispel dampness and heat accumulated in the stomach and intestine, remove stagnancy of undigested food and also quench fire. It gives a better result by cooking the soup with 1/4 Luo Han Guo.





## 髮菜雞腳眉豆淡菜湯

Dried Black Moss, Chicken Paw,  
Black-Eyed Beans and Dried Mussel Soup

### 材料 Ingredients

髮菜 2 錢	8 g dried black moss
眉豆 2 兩	75 g black-eyed beans
淡菜 3 兩	113 g dried mussels
鮮雞腳 10 隻	10 fresh chicken paws
蒜頭 2 個（連外衣）	2 cloves garlic (with skin on)
陳皮 1/3 塊	1/3 dried tangerine peel
清水 12 碗	12 bowls water

### 做法 Method

1. 陳皮用水浸軟，刮去內瓢；蒜頭連衣洗淨；眉豆洗淨。
  2. 雞腳洗淨，飛水，沖淨。
  3. 淡菜用水浸軟，飛水，沖去沙粒。
  4. 煲內放入清水 12 碗，下陳皮煲滾，下所有材料用中火煲半小時，轉慢火再煲約 1 小時，下鹽調味享用。
1. Soak the dried tangerine peel in water until soft and scrape off the pith. Rinse the garlic with skin on. Rinse the black-eyed beans.
  2. Rinse the chicken paws, blanch in boiling water and rinse.
  3. Soak the dried mussels in water until soft, blanch in boiling water to remove sand grains.
  4. Pour 12 bowls of water into a pot, add the dried tangerine peel and bring to the boil. Put in all the ingredients, cook over medium heat for half an hour, turn down the heat, simmer for about 1 hour and season with salt. Serve.

### 媽媽愛心湯錦囊 Mom's cooking tips

- 緊記蒜頭連衣煲湯，可健脾祛濕、去腳腫及利水，而且湯味帶有濃濃蒜香。
- Bear in mind that the garlic must be cooked with skin on. It helps invigorate the function of the spleen, remove dampness, promote the urine and reduce swollen feet. The soup also smells a strong garlic flavour.





# 老黃瓜豬橫脷豬尾骨湯

Yellow Cucumber, Pork Spleen and Pork Backbone Soup

## 材料 Ingredients

老黃瓜 1.5 斤	900 g yellow cucumber
豬橫脷 1 條	1 pork spleen
豬尾骨 1 斤	600 g pork backbone
赤小豆 1 兩	38 g small red beans
扁豆 1 兩	38 g hyacinth beans
陳皮 2/3 個	2/3 dried tangerine peel
清水 16 碗	16 bowls water

## 做法 Method

1. 老黃瓜連皮洗淨，刮去瓢，切大件。
2. 豬橫脷剪去筋及脂肪，刮淨表面，與豬尾骨一起飛水，沖淨。
3. 陳皮用水浸軟，刮去內瓢；赤小豆及扁豆洗淨。
4. 煲內放入清水 16 碗及陳皮煲滾，下所有材料用中火煲半小時，轉慢火再煲約 1.5 小時，灑下鹽即成。

1. Rinse the yellow cucumber with skin on, scrape off the pith and cut into chunks.
2. Cut away the tendons and fat of the pork spleen with scissors, scrape it clean, blanch with the pork backbone in boiling water, and rinse.
3. Soak the dried tangerine peel in water until soft and scrape off the pith. Rinse the small red beans and hyacinth beans.
4. Put 16 bowls of water and the dried tangerine peel into a pot, bring to the boil. Add all the ingredients and cook over medium heat for half an hour. Turn down the heat, simmer for about 1.5 hours and season with salt. Serve.







### 媽媽愛心湯錦囊 Mom's cooking tips

- 體內濕毒過盛，試試煲豬橫脷湯，有清濕熱之功效。此湯健脾祛濕、益氣生津。
- 別以為豬橫脷是豬隻的脷，其實是豬胰臟，煲湯前必須剪去筋膜、飛水及清洗乾淨。
- The pork spleen soup has the function of dispelling dampness and heat, reinforcing the function of the spleen and replenishing the Qi and body fluid.
- The tendons of the pork spleen must be cut away and the spleen must be rinsed thoroughly and scald before cooking.



# 100道安家靚湯 *Healthy Soups for the Family*

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飯桌上一碗老火湯，連繫全家人的健康！

資深烹飪導師 Ms. Woo 家有兩位兒子及媳婦，她用心關顧家人的健康，因應四季時節以老火湯保健強身，或為不同年齡家人的體質訂定養生湯方～潤肺止咳、增強抗病力；美顏消斑；促進幼兒發育；增強長輩骨骼；助打工仔護眼抗疲……貼心地為全家人緩解常見不適，強健體質、滋潤身心，從內到外健康滿分！

媽媽，多謝您的愛心湯，真幸福！

A bowl of long-boiled soup on the dining table is of paramount importance to the health of the family!

Veteran cooking tutor Ms. Woo has two sons and daughter-in-law. She cares for their health with her heart. To strengthen their bodies and health, she always cooks different long-boiled soups when seasons change, or works out nutritional soup recipes for her family members in different ages and body constitutions ~ to moisten the lung and relieve cough; to build up resistance against diseases; to remove spots on skin for beauty; to promote kids' growth; to strengthen the bones of the elderly; to help office people protect their eyes and resist fatigue... Ms. Woo attentively helps to relieve their common discomforts, strengthen the physique and makes them perfectly healthy!

Mom, thank you for your loving soup. So blissful!



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