



Chinese and English



菲傭入廚手記 Cooking Note for Filipino Helper

幼兒健體湯茶

Soups & Tea for Child's Good Health

- ✿ 增強幼兒抗病能力
- ✿ 紓解腹瀉鼻敏感等小毛病
- ✿ 幼兒防病無鹽清甜湯飲
- ✿ 中文、英文對照

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編者話 Foreword

家有幼兒的父母，最關注的莫過於子女的健康～

昨晚睡不安寧，整夜扭喊；早上鼻子癢癢的，鼻水長流……

新一代父母明白「藥補不如食補」的原則，希望從日常飲食及湯療全面加強子女的免疫功能，身體強壯了，傷風感冒也自然減少。如身體不適要就醫診治，配合適當的湯水，可紓緩病情，有助幼童恢復體力。

作者 Feliz Chan 介紹 39 款湯水及茶飲，適合 2 歲以上幼童飲用，所有用料以平和的材料為主，針對幼童需要而設計，重點是無加添鹽分，適合腎臟還未完全發育的幼兒，而且煲煮簡單。全書分為兩章節：第一章是四季保健家常湯，達至春天祛濕、夏天消暑、秋天潤肺、冬天補益之功效；第二章是小病自療，根據徵狀紓緩幼兒常見的身體小毛病。每個食譜述其功效外，更有主要材料的食療價值，給父母及家傭作為參考，一目了然。

Parents with young children are most concerned about the health of their children.

Fitful sleep and crying through the night; itchy nose in the morning, chronic runny nose.....

The new generation of parents understand the principle that "Food remedies are better than medicinal treatments". It is hoped that the immune function of children can be strengthened through daily diet and soup therapy. When the body is fit, flu and cold will naturally reduce. It is necessary to seek medical advice when unwell. Consuming the right soup and drink, the child can experience faster relief and recovery.

Author Feliz Chan introduces 39 soups and teas for children over 2 years old. All ingredients possess neutral properties, designed for the needs of young children. The focus is on salt-free and easy preparation, suitable for young children whose kidneys are not fully developed yet. The first chapter is about home-cooked soup for the four seasons, achieving the objectives of dispelling dampness in spring, relieving heat in summer, moistening lungs in autumn, enriching and nourishing in winter. The second chapter is about self-treatment for minor illness; easing common children's minor health problems according to the symptoms. In addition to the efficacy of each recipe, the therapeutic values of the main ingredients are also provided as a reference for the parents and domestic helper.

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日常煲飲小訣竅

Tips of Daily Soup and Drink

幼兒的身體機體尚未發展完善，挑選的食材及飲用方法與成年人有所差異，注意以下小貼士，為幼兒的健康身體做好準備吧！

The body of a young child is not fully developed yet. The selected ingredients and recommended consumption are different from those of adults. Pay attention to the following tips to get ready for the healthy development of the child!

飲用貼士：

- 年幼的兒童由於腎臟功能未完全發育，建議 5 歲以下幼童不宜加添鹽分飲用；5 歲以上的兒童可酌加少量鹽，如四人份量湯水可加半茶匙鹽調味。
- 2 歲以下的幼兒避免飲用含肉類的湯水，因腸胃還未適應。
- 幼兒飲用任何湯水及茶飲前，建議先試 2 至 3 湯匙，小心觀察是否出現敏感或不適反應。

Tips on consumption:

- Young children's kidney function is not fully developed. It is recommended that children under 5 years old should not have salt in the diet. For children over 5 years old may add a small amount. For example, soup to be consumed by four persons can be seasoned with a half teaspoon of salt.
- Children under 2 years old should avoid drinking soup containing meat because the digestive system is yet to adapt.
- Before drinking any soup or drink, it is recommended to try 2 to 3 tablespoons first to monitor if there is any sensitive reaction or discomfort.

飲用份量：

5 歲以下的幼兒，建議每次飲用半碗或半杯；2 歲以下的幼兒宜分成 3 次飲用，每次喝 2 至 3 湯匙。

Recommended dosage:

For children under 5 years old, it is recommended to drink half a bowl or half a cup each time; children under 2 years old should consume in 3 doses, each time 2 to 3 tablespoons.

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食材挑選：

- 幼兒湯飲所用的食材以平和為主，不宜過於寒涼或燥熱，以免對幼兒身體有太大的不良影響。
- 用豬骨煲出來的湯帶油膩，可選用瘦肉、豬腱及西施骨等煲湯，油量會大大降低。
- 春夏季節宜用扁豆煲湯，扁豆性質平和，可祛濕、補脾胃，是家常湯水的常用材料。
- 秋冬兩季多用百合、南北杏、無花果煲湯，可改善咳嗽不適之餘，對肺臟及氣管也有裨益。
- 建議購買生曬淮山，健脾益胃。將新鮮淮山切片後天然生曬，不經硫磺漂染處理，色澤偏黃，較為健康。
- 川貝的份量不宜太多，以免湯水帶微苦。
- 加入陳皮煲湯可加強順氣化痰的功效，也有辟味的作用；煲煮魚或牛肉等湯水，建議加入薑片去腥味。

Selection of ingredients:

- The ingredients used in children's soups are mainly neutral in properties, and should not be cold or hot, so as not to have excessive adverse effect on children's body.
- Soup cooked with pork bone is quite greasy. Lean soup, pork shank and pork shoulder butt are recommended to reduce the amount of fat.

- It is advisable to cook hyacinth bean soup in the spring and summer seasons. Hyacinth bean is mild in nature, good for dispelling dampness, nourishing spleen and stomach.
- Lily bulb, almond and dried fig are often used to make soup in autumn and winter; to relieve coughing and nourish the lungs and trachea.
- Sun-dried Huai Shan is recommended. It can strengthen spleen and stomach. The fresh Huai Shan is sliced and exposed to natural sunlight, without going through sulfur bleaching or dyeing. The color is yellowish and it is healthier.
- Chuan Bei should be used sparingly to avoid giving the soup a bitter taste.
- Adding dried tangerine peel to the soup can enhance the effect of regulating breathing and dissolving phlegm, and to get rid of any strong unpleasant smell. For soups made with fish or beef, it is recommended to add ginger slices to reduce the strong fishy or gamey taste.



龍脷枇杷桔餅杏仁瘦肉湯

Long Li Leaf and Loquat Leaf Soup with Almonds and Lean Pork



- 份量：** 4 人
功效： 化痰止咳、理氣，紓緩感冒後之咳嗽。
主料： 乾龍脷葉清熱潤肺、止咳化痰，比鮮品較少寒涼；乾枇杷葉用於肺熱乾咳，常與乾龍脷葉一併使用；桔餅潤肺止咳，中藥店及乾果店有售。



Serves 4

Benefits: Dissolving phlegm, relieving cough, regulating breathing, alleviating post-influenza cough.

Main ingredients: Dried Long Li leaf can help clear heat and sooth lungs, relieve cough and dissolve phlegm. Its cooling nature is not as cold as that of the fresh leaf. Dried loquat leaf is often used together with dried Long Li leaf for relieving dry cough due to lung heat. Preserved kumquat is good for nourishing lungs and relieving cough. It is sold in Chinese herbal shop or dried fruit store.

材料 | Ingredients

乾龍脷葉 1 兩
乾枇杷葉 1 兩
桔餅 2 個
南杏 1 兩
北杏 2 茶匙
陳皮 1 角
瘦肉 8 兩

38 g dried Long Li leaf
38 g dried loquat leaf
2 preserved kumquats
38 g sweet almonds
2 tsp bitter almonds
1/3 dried tangerine peel
300 g lean pork

做法 | Method

1. 陳皮用水浸 1 小時，刮淨內瓢，洗淨。
 2. 瘦肉洗淨，切塊。
 3. 龍脷葉、枇杷葉、桔餅、南北杏全部洗淨，放在煲內，加入陳皮及水 9 碗煲滾，下瘦肉煲滾，轉小火再煲 1.5 小時，待暖飲用。
1. Soak dried tangerine peel in water for 1 hour. Scrape off the pith and rinse.
 2. Rinse and cut lean pork into pieces.
 3. Rinse dried Long Li leaf, loquat leaf, preserved kumquat and almonds. Add to pot. Add dried tangerine peel and 9 bowls of water. Bring to boil. Add lean pork. Bring to boil. Adjust to low heat and simmer for 1.5 hours. Serve when soup becomes warm.



竹蔗馬蹄甘筍瘦肉湯

Sugar Cane and Water Chestnut Soup with Carrot and Pork



- 份量：** 4 人
- 功效：** 解燥潤肺，紓緩秋燥引起之舌乾口渴。
- 主料：** 竹蔗味道清甜，有清熱潤腸之效；馬蹄清熱化痰，也令湯水更甜，最適合小朋友日常飲用。



Serves 4

Benefits: Relieving dryness, moistening lungs, relieving symptoms of dry tongue and thirst caused by the dry autumn weather.

Main ingredients: Sugar cane has a refreshing sweet taste and is good for clearing heat and lubricating the intestines. Aside from being able to clear heat and dissolve phlegm, water chestnut can also enhance the sweetness of soup, appropriate as a daily beverage for the kids.

材料 | Ingredients

竹蔗 2 段	2 sections sugar cane
馬蹄 10 粒	10 water chestnuts
甘筍 8 兩	300 g carrot
瘦肉 8 兩	300 g lean pork
陳皮 1 角	1/3 dried tangerine peel



四

季

保

健

秋

天

Autumn

做法 | Method

1. 陳皮用水浸 1 小時，刮淨內瓢，洗淨。
 2. 竹蔗擦淨外皮，用刀破開成幼條。
 3. 馬蹄洗淨污泥，削去外皮，洗淨。
 4. 甘筍去外皮，洗淨，切塊。
 5. 瘦肉洗淨，切塊。
 6. 竹蔗、馬蹄、甘筍、陳皮放入煲內，注入水 10 碗煲滾，加入瘦肉煲滾，轉中火煲 15 分鐘，再轉小火煲 1.5 小時即成。
1. Soak dried tangerine peel in water for 1 hour. Scrape off the pith and rinse.
 2. Rub and clean the skin of sugar cane. Cut the sugar cane into strips.
 3. Rinse water chestnuts to clean off the mud. Peel and rinse.
 4. Peel the carrot and rinse. Cut into pieces.
 5. Rinse and cut lean pork into pieces.
 6. Add sugar cane, water chestnuts, carrot and dried tangerine peel to pot. Add 10 bowls of water. Bring to boil. Add lean pork. Bring to boil. Adjust to medium heat and cook for 15 minutes. Adjust to low heat and simmer for 1.5 hours. Serve.



海底椰蘋果雪梨杏仁瘦肉湯

Apple, Pear and Coco-de-Mer Soup with
Almonds and Pork



份量： 4 人

功效： 鎮咳除痰，有助消化，
紓緩感冒後咳嗽、煩躁
及睡不安寧。

主料： 海底椰有止咳化痰、清
燥熱的功效，加上滋潤
的蘋果、雪梨及杏仁，
令湯水清甜可口，有潤
肺強身之效。選購海底
椰以乾品為佳。

Tips： 無論選用紅蘋果或富士蘋果皆可，主要攝取蘋果蘊含的維他命 A 及果膠。



Serves 4

Benefits: Calming cough and dissolving phlegm, improving digestion, relieving post flu cough, irritation and restless sleep.

Main ingredients: Coco-de-mer has the ability to relieve cough, dissolve phlegm and clear heat. Combine it with apple, Ya-li pear and almonds that are nourishing in nature, this soup with a refreshing sweet taste can moisten lungs and strengthen overall health. Dried coco-de-mer is recommended.

Tips: Any red apple or Fuji apple will do. The objective is to obtain the pectin and vitamin A contained in the apple.

材料 | Ingredients

海底椰 1 兩	38 g coco-de-mer
蘋果 2 個	2 apples
鴨咀梨 2 個	2 Ya-li pear
南杏 1 兩	38 g sweet almonds
北杏 2 茶匙	2 tsp bitter almonds
陳皮 1 角	1/3 dried tangerine peel
蜜棗 3 粒	3 candied dates
瘦肉 8 兩	300 g lean pork

做法 | Method

1. 陳皮用水浸 1 小時，刮淨內瓢，洗淨。
 2. 瘦肉洗淨，切厚片。
 3. 蘋果及鴨咀梨洗淨，各切成 4 件，去蒂及去籽。
 4. 海底椰、南北杏、蜜棗一同洗淨。
 5. 將海底椰、南北杏、蜜棗、陳皮、蘋果、鴨咀梨放在煲內，注入水 10 碗煲滾，下瘦肉煲滾，轉中火煲 15 分鐘，再轉小火煲 1.5 小時即可。
1. Soak dried tangerine peel in water for 1 hour. Scrape off the pith and rinse.
 2. Rinse and cut lean pork into thick slices.
 3. Rinse apple and pear, cut into quarters, remove stem and seeds.
 4. Rinse coco-de-mer, sweet and bitter almonds and candied dates.
 5. Add coco-de-mer, almonds, candied dates, dried tangerine peel, apple and pear to the pot. Add 10 bowls of water. Bring to boil. Add lean pork. Bring to boil. Adjust to medium heat and cook for 15 minutes. Adjust to low heat and simmer for 1.5 hours. Serve.



銀杏合桃鷓鴣湯

Partridge Soup with Walnut and Ginkgo



份量： 4 人

功效： 強身健肺、理氣定喘，
適合痰多咳嗽之幼兒。

主料： 自古以來，銀杏有定喘
止咳的功能，且可改善
記憶力，加上潤肺化痰
的合桃及花生，三者合
用對秋燥咳嗽有幫助。



Serves 4

Benefits: Strengthening body and lungs, regulating breathing and soothing asthma, good for children who suffer from much phlegm and cough.

Main ingredients: Ginkgo has been known to help calm asthma and relieve cough in addition to memory improving benefit. Combining with walnut and peanut that are good for moistening lungs and dissolving phlegm, the remedy is good for alleviating cough symptom caused by autumn dryness.

材料 | Ingredients

冰鮮鷓鴣 1 隻

瘦肉 8 兩

銀杏 2 兩

合桃肉 2 兩

花生 2 兩

陳皮 2 角

1 chilled partridge

300 g lean pork

75 g ginkgoes

75 g shelled walnuts

75 g peanuts

2/3 dried tangerine peel



做法 | Method

1. 陳皮用水浸 1 小時，刮淨內瓢，洗淨。
 2. 銀杏用適量滾水浸 10 分鐘，褪去外衣，洗淨。
 3. 瘦肉洗淨，切塊。合桃、花生一同洗淨。
 4. 鷓鴣洗淨，放入滾水內飛水 3 分鐘，盛起，瀝乾水分。
 5. 銀杏、合桃肉、花生、陳皮放入煲內，注入水 10 碗煲滾，下鷓鴣、瘦肉煲滾，轉中火煲 15 分鐘，再轉小火煲 2 小時即成。
1. Soak dried tangerine peel in water for 1 hour. Scrape off the pith and rinse.
 2. Soak ginkgoes in boiled water for 10 minutes, peel off the skin and rinse.
 3. Rinse and cut lean pork into pieces. Rinse walnuts and peanuts.
 4. Rinse partridge, scald with boiling water for 3 minutes. Drain.
 5. Add ginkgoes, walnuts, peanuts and dried tangerine peel to pot. Add 10 bowls of water. Bring to boil. Add partridge and lean pork. Bring to boil. Adjust to medium heat and cook for 15 minutes. Adjust to low heat and simmer for 2 hours. Serve.

西洋菜鴨腎栗子西施骨湯

Watercress and Duck Gizzard Soup with
Chestnut and Pork Bone



- 份量：** 4 人
- 功效：** 清熱潤肺，紓緩幼兒口乾、喉嚨乾涸及便秘等。
- 主料：** 西洋菜是冬天的蔬菜，止咳化痰、清燥潤肺，而且乾鴨腎下火，令湯水略帶鹹香味，是冬天必飲湯水之一。



Serves 4

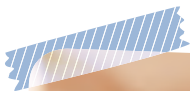
Benefits: Clearing heat, moistening lungs, relieving problems such as thirst, dry throat and constipation.

Main ingredients: Watercress is a winter vegetable that can help stop cough, dissolve phlegm, relieve dryness and moisten lungs. Dried duck gizzard can reduce the body heatiness and lend a savoury flavour to the soup. This is an essential soup for the winter.

材料 | Ingredients

西洋菜 1 斤
乾鴨腎 2 個
栗子肉 4 兩
西施骨 12 兩
薑 3 片

600 g watercress
2 dried duck gizzard
150 g shelled chestnuts
450 g pork shoulder butt
3 slices ginger



做法 | Method

1. 西洋菜用水浸半小時，再洗 3 次至西洋菜乾淨，瀝乾水分。
 2. 乾鴨腎洗淨，剗十字花；栗子肉洗淨。
 3. 西施骨放入滾水內飛水 3 分鐘，取出，洗淨，瀝乾水分。
 4. 煲滾清水 12 碗，放入西施骨、乾鴨腎、西洋菜、薑片煲滾，轉中火煲 15 分鐘，轉小火再煲 1 小時，加入栗子肉煲 45 分鐘，一併食用湯料。
1. Soak watercress in water for 1/2 hour. Rinse three times to thoroughly clean watercress, drain.
 2. Rinse dried duck gizzard, score shallow cross cuts on the surface. Rinse chestnuts.
 3. Scald pork shoulder butt in boiling water for 3 minutes, rinse and drain.
 4. Bring 12 bowls of water to boil. Add pork bone, dried duck gizzard, watercress and ginger. Bring to boil. Adjust to medium heat and cook for 15 minutes. Adjust to low heat and simmer for 1 hour. Add chestnuts and simmer for 45 minutes. Serve soup and the ingredients together.



太子參淮山水鴨瘦肉湯

Teal Soup with Tai Zi Shen and Huai Shan



份量： 4 人
功效： 益肺健脾，有助幼兒強身健體。
主料： 太子參又名孩兒參，是適合幼兒的平和藥材，補氣養陰；淮山健脾補虛，與無花果煲成湯，更有滋潤的功效。



Serves 4

Benefits: Enriching lungs, strengthening spleen, improving overall health of children.

Main ingredients: Tai Zi Shen is a type of ginseng with a neutral nature that is suitable for children in replenishing Qi and nourishing Yin. Huai Shan can help strengthen spleen and replenish body deficiencies. Combining these ingredients with dried fig to make a health nourishing soup.

材料 | Ingredients

冰鮮水鴨 1 隻
 瘦肉 6 兩
 太子參半兩
 淮山 1 兩
 無花果 4 粒
 陳皮 2 角

1 chilled teal
 225 g lean pork
 19 g Tai Zi Shen
 38 g Huai Shan
 4 dried figs
 2/3 dried tangerine peel



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做法 | Method

1. 陳皮用水浸 1 小時，刮淨內瓢，洗淨。
2. 淮山洗淨，用水浸 1 小時，隔去水分。
3. 太子參、無花果洗淨，瀝乾水分；瘦肉洗淨，切塊。
4. 水鴨洗淨，放入滾水內飛水 3 分鐘，取出洗淨，瀝乾水分。
5. 淮山、太子參、無花果、陳皮放入煲內，注入水 10 碗煲滾，放入水鴨、瘦肉煲滾，轉中火煲 15 分鐘，轉小火再煲 2 小時即成。

1. Soak dried tangerine peel in water for 1 hour. Scrape off the pith and rinse.
2. Rinse Huai Shan, soak in water for 1 hour, drain.
3. Rinse Tai Zi Shen and dried figs, drain. Rinse and cut lean pork into pieces.
4. Rinse teal, scald in boiling water for 3 minutes. Remove teal and rinse well, drain.
5. Add Huai Shan, Tai Zi Shen, dried figs and dried tangerine peel to pot. Add 10 bowls of water. Bring to boil. Add teal and lean pork. Bring to boil. Adjust to medium heat and cook for 15 minutes. Adjust to low heat and simmer for 2 hours. Serve.

咳嗽（熱咳）

Coughing (Heat cough)

川貝煲雪梨

Ap-li Pear and Chuan Bei Soup



份量： 1 人

食用方法： 此份量可分兩次飲用。

主料： 熱咳呈黃痰，川貝性寒涼，對熱咳有改善作用，配搭雪梨有滋陰潤燥之效。此茶帶甜味，可減低川貝的微苦。



Tips： 如兒童對蜜糖敏感，可改用冰糖煲煮調味。

Serves 1

Recommended usage: This soup can be consumed in two doses.

Main ingredients: You may have a yellowish phlegm if having heat cough. Chuan Bei is cold in nature and can help alleviate heat cough. Combining with Ap-li pear, the soup can nourish Yin and moisten dryness. The sweetness of this remedy can reduce the slight bitterness of Chuan Bei.

Tips: If a child is allergic to honey, replace honey with rock sugar.

材料 | Ingredients

川貝 1/5 兩

8 g Chuan Bei

鴨咀梨 2 個

2 Ap-li pears

冰糖 1 小粒或蜜糖 1 湯匙

1 small piece of rock sugar or
1 tbsp honey

做法 | Method

1. 川貝洗淨，拍裂。
 2. 鴨咀梨洗淨外皮，切成 4 件，去蒂、去籽。
 3. 小煲內注入清水 3 碗，放入鴨咀梨、川貝煲滾，轉小火煲 45 分鐘，加入冰糖煮至溶化即可。
1. Rinse and smash Chuan Bei.
 2. Rinse pears, peel and cut into quarters. Discard stem and seeds.
 3. Add 3 bowls of water to a small pot. Add pears and Chuan Bei. Bring to boil. Adjust to low heat and simmer for 45 minutes. Add rock sugar and cook until sugar dissolves. Serve.



咳嗽（熱咳）

Coughing (Heat cough)

金羅漢果陳皮茶

Gold Luo Han Guo and Dried Tangerine Peel Tea



份量： 1 人

功效： 此茶化痰止咳、清肺潤腸；但不宜冷飲。2 至 5 歲小兒宜每次喝半杯。

主料： 如見幼兒有黃痰，則屬熱咳。金羅漢果性涼，清熱潤肺，含天然甜味，比羅漢果少了苦澀味，搭配化痰止咳的陳皮燉茶，適合熱咳幼兒飲用。



Serves 1

Benefits: This tea can help dissolve phlegm, relieve cough, clear lungs and lubricate intestines. It should not be consumed chilled. A half of cup each time for kids between the age 2 to 5.

Main ingredients: When the phlegm is yellowish, it falls under heat cough. Gold Luo Han Guo is cooling in nature and can help clear heat and moisten lungs. It has a natural sweetness without the bitter taste of Luo Han Guo. When making a tea with dried tangerine peel that can help dissolve phlegm and relieve cough, this is most suitable to be consumed by children with heat cough.

材料 | Ingredients

金羅漢果 1/3 個

陳皮 1 角

1/3 gold Luo Han Guo

1/3 dried tangerine peel



做法 | Method

1. 陳皮用水浸 1 小時，刮淨內瓢，洗淨。
 2. 金羅漢果洗淨，撕成小塊。
 3. 小煲內注入清水 3 碗，加入金羅漢果及陳皮煲滾，轉小火煲半小時，熄火，燜 15 分鐘，每日分數次飲用。
1. Soak dried tangerine peel in water for 1 hour. Scrape off the pith and rinse.
 2. Rinse and tear gold Luo Han Guo into small pieces.
 3. Add 3 bowls of water to a small pot. Add gold Luo Han Guo and dried tangerine peel. Bring to boil. Adjust to low heat and simmer for 1/2 hour. Turn heat off. Let stand for 15 minutes. Drink it in a few doses throughout the day.

Soups & Tea for Child's Good Health

幼兒健體湯茶

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發行者 Distributor
香港聯合書刊物流有限公司 SUP Publishing Logistics (HK) Ltd.

香港新界大埔汀麗路36號 3/F, C&C Building, 36 Ting Lai Road,
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電郵 Email: info@suplogistics.com.hk

承印者 Printer
合群（中國）印刷包裝有限公司 Powerful (China) Printing & Packing Co., Ltd.

出版日期 Publishing Date
二〇一九年二月第一次印刷 First print in February 2019

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Published in Hong Kong by Forms Kitchen,
a division of Wan Li Book Company Limited.

ISBN978-962-14-6957-1

暢銷
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新出版



Soups & Tea for Child's Good Health

幼兒濕疹、咳嗽、氣管敏感、便秘……湯茶可改善小毛病？
哪些湯水適合幼童四季保健及調理？

幼童身體不適，最煩惱的當然是父母，平日補充足夠的湯水，有助孩子提高免疫力，強身健體，舒緩小毛病。本書以平和的湯及茶療增強幼兒體質，無添加鹽分，四季保健得宜，配合均衡的營養，健康的基礎由幼兒時期開始。

Children with eczema, cough, tracheal sensitivity, constipation... can soup or tea alleviate these minor health problems?

Which soups are suitable for improving children's health care and physical condition throughout the year?

Caring for a sick child is a worrisome task for the parents. Providing the right soup and drink on a daily basis can help children improve their immunity and relieve minor illnesses. This book illustrates salt-free soups and drinks that can gently enhance the child's physique throughout the seasons. Combining with balanced nutrition, a strong foundation of health can begin at early childhood.



ISBN 978-962-14-6957-1



HK\$45.00

Published in Hong Kong