

零失敗
秘方系列

滋潤有益 老火湯

Nourishing and healthful slow-boiled soups



- 介紹幾十款營養靚湯
- 附上零失敗煲湯心得
- 每天都可嘗不同滋味



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編者話

Preface

湯料的種類非常多，各位可會為煲甚麼湯水而三心兩意呢？

煲老火湯有甚麼技巧？常用湯料有甚麼療效？煲魚湯怎樣才會鮮甜不腥？

本書內有 40 多款不同味道老火湯，並有簡單易明的煲湯竅門和規條，常用湯料的療效介紹，煲魚湯的辟腥技巧。務求令你煲出一鍋美味有益、人人讚賞的老火湯。

There are endless possibilities in soups. Have you ever found yourself torn between the various options when you're planning to make soups?

What are the skills needed for slow-boiled soups? What are the medicinal values of the herbs commonly used in Cantonese soups? How do you make fish soups that don't taste fishy?

This cookbook comprises 40+ slow-boiled soup recipes, each tasting differently. Every recipe comes with a rule or a tip on soup making that can be easily understood. The therapeutic values of common herbal ingredients are also explained and of course, there are secret tricks to make fish soups that don't taste fishy. This book is all you need to make a pot of healthful soup that is guaranteed to earn you complements from everyone.



煲湯心得

Tips on making soups

煲湯時

飛水

用來煲湯的肉類，都需要事前用薑葱飛水，再洗淨，去除血污，以免湯變得渾濁。（圖 1-3）

老火湯的火候與時間

先把所有材料放入湯鍋內，用大火煮沸，然後轉中小火慢慢煲，這樣食材內的蛋白質和其他營養素等會慢慢地溶解出來，令湯色清徹，鮮醇味美；若然一直用大火煲，加熱時間過長，肉類中的蛋白質分子會被破壞。魚湯煲約 1 小時，肉湯煲約 1 1/2 至 2 小時。

另外，用小火煲湯時，中途最好不打開鍋蓋。

Making soups properly

Blanching

All meats used in the soup should be blanched in boiling water with ginger and spring onion first. Then rinse them to remove the blood clots. This step keeps the soup clear, without looking murky. (pics. 1-3)

Level of heat and cooking time

Put all ingredients into a soup pot. Bring to the boil over high heat. Turn to medium-low heat and simmer. You can extract the protein and nutrients from the ingredients to the soup that way. The soup will look clear and will taste flavoursome. If you boil the soup over high heat all the way, the protein molecules in the meat will be destroyed by the prolonged heating. Boil fish soups for 1 hour. Boil meat soups for 1 1/2 to 2 hours. After you turn to low heat, do not open the lid throughout the cooking process.



1



2



3

加水

煲湯時，若一定要中途加水，就必須要加熱水；若加入冷水，正加熱的肉類遇冷會收縮，蛋白質不易溶解便失去了原有的鮮香。煲湯的水分和材料比例，是將經處理好的食材放入鍋中，注入的水量約高於食材 2-3 倍為準。

加鹽的適當時間

待湯煲好，試味後才加鹽。

喝湯

儲存方法

喝湯的好處是在於湯的豐富營養，因為食材中的鈣、維他命溶解於湯內，容易被人體吸收。湯煲好後應儘快飲用，或攤涼後盡量不要放在室溫下超過 1 小時才放入雪櫃雪藏。若是凍湯，做完後應立即放入雪櫃。

飲用的適當時間

選擇適當時間飲湯，能夠充分吸收營養，以達最佳的效果。

1. 可於飯前約 30 分鐘飲湯，有暖胃和養生的作用；因先飲湯可以讓胃部充盈，減低胃納量，可免進食太多而肥胖。

Adding water

Sometimes the water evaporates too quickly and you have to add water to the soup. Make sure you pour in only boiling hot water. If you add cold water, the temperature of the whole pot of soup would drop suddenly and the meat would shrink and contract. That would seal in the protein and juices and the soup won't be as flavoursome as it could be. Generally speaking, put all blanched or rinsed ingredients into a soup pot and note the height they reach. Then add water about 2 to 3 times the height of the ingredients.

Seasoning

Always season at last after the soup is done and after you taste it.

Serving soups properly

Storing leftover

The healthful benefits of soups come from its nutrients. The calcium and vitamins of the ingredients are extracted into the soup and become easier for the body to absorb. After the soup is done, you should finish it as soon as possible. Leave any leftover to cool at room temperature and store in a refrigerator right away. Do not let the soup stand at room temperature for longer than one hour after it has cooled down. If you're making a chilled soup, refrigerate it right after you make it. You should also pay attention to personal hygiene and make sure all utensils you use are clean or sterilized. Otherwise, there may be cross infection.

Time to serve soups

Serve soups at the right time of the day helps the absorption of nutrients.

1. You may eat soup 30 minutes before a meal. That would warm the stomach and prepare the alimentary canal for the meal. Besides, it also helps reduce the volume of food eaten as the soup would create a feeling of fullness. It prevents overeating and weight problems.

2. 不宜在飯後飲湯；因為湯會將消化胃液稀釋，妨礙消化。

3. 許多人喜歡用湯泡飯，但會影響消化和吸收；因為泡飯容易吞嚥，食物未經完全咀嚼而進入胃部會引至消化不良。

善用湯渣

無論煲湯的時間有多久，肉類的營養都未能完全釋放，仍然留有一部分營養；所以不要浪費食物，可用上乘的醬油或醬料蘸食。

煲湯五大規則

1. 切忌用大火，因為會使肉類的蛋白質一下子釋放出來，令湯變得渾濁。

2. 切忌過早放入太多醬油，會令湯味變酸，顏色變深，影響味道和賣相。

3. 切忌放入太多薑、葱、料酒或調味料，影響湯的鮮味。

4. 切忌過早加入鹽，因鹽會令肉類的蛋白質凝固，使湯的顏色變得渾濁。

5. 切忌中途加入冷水，正在受熱的肉類遇到冷水時會收縮，令鮮味不能溢出。

2. Do not eat soup after a meal. It is because the soup will dilute the gastric juices, undermining the digestion process.

3. Many people add soup to steamed rice and eat them together. However, it's not advisable to do so because it adversely affect digestion and absorption. When the rice and food is mixed with the soup, they can be drunken together with the soup and slide down to the stomach without being properly chewed. That would cause indigestion.

Serving the solid ingredients

No matter how long you boil the meats in the soup, there are still residual nutrients left in the meats. Thus, don't be wasteful and serve the meat as a dish with sauces or premium soy sauce as a dip on the side.

Soup making dos and don'ts

1. Do not boil the soup over high heat all the way. That would release the protein from the meat all at once, making the soup murky.

2. Do not add too much soy sauce too early. The soup would turn sour and dark, affecting both the presentation and the taste.

3. Do not use too much ginger, spring onion, cooking wine or seasoning. Such condiments may overpower the authentic flavours of the ingredients.

4. Do not season the soup with salt too early. The salt would make animal protein coagulate, making the soup murky.

5. Do not add cold water to the soup halfway. The heated meat would shrink and seal in the juices if the temperature drops suddenly. The meat flavours cannot be infused in the soup and it won't be as tasty.



湯料介紹

Ingredients

無花果 Dried Fig (圖 1)

無花果有清潤的功效，可滋養肺部。應選購顏色鮮黃、果身肥厚的無花果。

It nourishes the body and the Lung. Pick dried fig that is bright yellow and round in shape.



1

南北杏 Sweet and Bitter Almonds (圖 2)

南杏潤肺、北杏止咳，兩者合用，更具潤燥的功效。但北杏有微毒，不可生吃，也不宜過量食用。

Sweet almonds nourish the Lung and bitter almonds alleviate cough. To use both of them can clear Heat and nourish the body. Bitter almonds are slightly toxic. Avoid eating bitter almonds raw and too much.



2

雪耳 White Fungus (圖 3)

雪耳有滋潤、健胃等功效。宜挑選帶自然微黃色的，因為顏色太白的經化學加工，有害健康。

It nourishes the body and help people to sleep peacefully. Choose those are natural light yellow. Don't pick those in snowy white colour, which suggests they have been bleached.



3

紅蘿蔔 Carrot (圖 4)

紅蘿蔔含豐富胡蘿蔔素，有助降血糖。另外，紅蘿蔔顏色鮮艷，能增強食欲。

Rich in carotene, it can lower blood sugar. Its colour is bright that can increase appetite.



4

青蘿蔔 Green Turnip (圖 5)

青蘿蔔有消食積的功效，能改善因睡眠不足、飲食油膩引致的體弱。

It can cure indigestion. The weak body caused by lack of sleep and eating too much fatty food can be strengthened.



5

粟米 Corn (圖 6)

粟米味甘，能吸引兒童進食。但粟米含豐富澱粉質，不宜過量食用。

It is sweet and attracts kids to eat. It is rich in starch and people should not eat too much.



6

馬蹄 Water Chestnut (圖 7)

馬蹄味甘，可生吃，有清火解熱的功效，特別適合夏季食用。

It is sweet and clears Heat. Raw water chestnut can be eaten. It is especially suitable in summer.



7

豬腩 Pork Shin (圖 8)

豬腩能補腎養血、潤肺益氣，而且較有口感，買不到時也可以瘦肉代替。

It benefits the Kidney and the Lung and energizes the blood. It has good texture. If pork shin is not available, lean pork can be used instead.



8



煲魚湯一定要懂的技巧

Tricks on making fish soup

煎魚方法

煎魚前，在燒熱的乾淨鑊上，用一塊薑在擦一轉才下適量油，放下已抹乾的魚，煎完一面後關火略攤凍後才反轉煎另一面，這可令魚保持完整不易脫皮。用薑擦鑊是可減少煎魚時滾油濺出。(圖 1-5)



1

鮮甜不腥的竅門

在煎魚後要立即加入滾水，滾水能將材料表面的蛋白質快速凝固，保持魚鮮甜味道。魚腥味也因遇熱而揮發，煲魚湯緊記滾後要轉中小火。(圖 6-7)



2



3



4

Frying the fish

Dress and rinse the fish. Wipe dry. Heat a dry wok and put in a slice of ginger first. Then rub the wok evenly with the ginger. Add oil. Slide in the fish and do not flip or toss it. Let the fish fry in the oil on one side first until browned. Then turn off the heat and let it cool slightly. Flip the fish and turn on the heat again to fry the other side. It's easier keep the fish in one piece with the skin on this way. Rubbing the wok with a slice of ginger helps prevent the oil from splattering.

(pics. 1-5)

Tricks to fish soup that doesn't taste fishy

Right after the fish is fried in oil, pour in boiling water right away. The boiling water will make the protein on the surface of the fish coagulate instantly, sealing in the umami of the fish. The fishiness is also evaporated by the strong heat. After the soup comes to a full boil, make sure you turn to medium-low heat.(pics. 6-7)



5



6



7



桑葉杏汁豬肺湯

Pork Lung Soup with Mulberry Leaf
and Almond Juice



◎ 材料

乾桑葉半兩
南北杏 1 1/2 兩
豬肺 1 個
瘦肉半斤
無花果 2 粒
薑 2 片
鹽少許

◎ 做法

1. 豬肺灌水洗淨（此步驟可請肉販代勞），切塊，洗淨。豬肺放入白鑊內，煎片刻至轉成白色，盛起，過冷河，洗淨，瀝乾水分。（圖 1-2）
2. 南北杏洗淨，用水浸 1 小時，隔去水分。南北杏放於攪拌機內，加水 1 1/2 杯，磨成幼滑的杏仁漿，用煲魚袋過濾，冷藏備用。（圖 3-4）
3. 瘦肉洗淨，切片；乾桑葉洗淨。
4. 煲滾清水 8 杯，下瘦肉、豬肺、乾桑葉及薑片，用大火煲 15 分鐘，轉小火煲 1 1/2 小時（豬肺軟脆即可），去掉桑葉、薑片及瘦肉，傾入杏汁拌勻，用小火煮滾片刻，下少許鹽調味即可，豬肺可伴湯食用。



1



2



3



4

Ingredients

19 g dried mulberry leaves
57 g bitter and sweet almonds
1 pork lung
300 g lean pork
2 dried figs
2 slices ginger
salt

Method

1. Wash pork lung by piping water through it (you may ask the butcher to do it.). Cut into pieces and rinse. Fry pork lung in a dry wok until it turns white. Remove and rinse with cold water. Drain. (pics. 1-2)
2. Rinse almonds, soak for 1 hour and drain. Put the almonds in a blender. Pour in 1 1/2 cups of water and blend into almond juice. Sift with a cloth bag. Refrigerate. (pics. 3-4)
3. Rinse lean pork and slice; rinse dried mulberry leaves.
4. Bring 8 cups of water to boil. Put in lean pork, pork lung, mulberry leaves and ginger. Boil over high heat for 15 minutes. Turn to low heat and simmer for 1 1/2 hours, or until pork lung softens. Discard mulberry leaves, ginger and lean pork. Pour in almond juice and mix well. Boil over low heat. Season with salt. Serve with pork lung.

零失敗技巧 Successful Cooking Skills

用白鑊煎豬肺時，有大量水分溢出來，怎辦？

不要緊！這是正常現象，以分泌的水分煎煮豬肺，與飛水的作用相同，去掉肉燥味。另外，到肉檔必須購買已灌水洗淨、呈淡粉紅色及無血水的豬肺。

The pork lungs give a lot of water when fried in a dry wok. Is this normal?

You don't have to be alarmed as this is completely normal. As water and juices ooze out of the pork lungs in the wok, they are parboiled as if they have been blanched in boiling water. This step helps remove the gamey taste of the offal. Just make sure you ask the butcher to wash the pork lungs thoroughly for you. They should have been filled with water and drained repeatedly to look light pink in colour, without any bloody water oozing out of them.



南瓜栗子豬骨湯

Pork Bone Soup with Pumpkin and Chestnuts



🍷 材料

豬骨 1 斤
 南瓜半個
 栗子半斤
 鹽適量

🍷 做法

1. 南瓜去皮、去籽，洗淨，切粒。
2. 栗子去殼、去衣，洗淨。
3. 豬骨洗淨，飛水，盛起洗淨。
4. 燒滾清水 12 杯，放入豬骨和栗子，用大火煲 30 分鐘，轉小火煲 1 1/2 小時，加入南瓜，煲 30 分鐘，下鹽調味即成。

🍷 Ingredients

600 g pork bone
 1/2 pumpkin
 300 g chestnuts
 salt

🍷 Method

1. Peel the pumpkin and remove the seeds. Rinse and dice.
2. Shell the chestnuts and remove the chestnuts' skin. Rinse.
3. Rinse the pork bone. Scald, drain and rinse well.
4. Bring 12 cups of water to the boil. Put in the pork bone and chestnuts and boil over high heat for 30 minutes. Turn to low heat and simmer for 1 1/2 hours. Put in the pumpkin and boil for 30 minutes. Season with salt and serve.

🍷 零失敗技巧 🍷 Successful Cooking Skills

怎樣可容易去除栗子衣？

想容易去掉栗子皮，用滾水輕燙栗子，再用乾毛巾包着，以雙手推擦數次即可。

How can I peel the chestnuts easily?

Just blanch the shelled chestnuts in boiling water briefly. Then wrap them in a dry towel and rub them a few times.



百合沙參煲鵪鶉湯

Quail Soup with Lily Bulbs and
Sha Shen





材料

鵪鶉 4 隻
豬腩 300 克
百合 40 克
沙參 60 克
水 10 杯
鹽適量

做法

1. 鵪鶉飛水，洗淨；豬腩飛水，洗淨。
2. 百合、沙參洗淨。
3. 將所有材料用大火煲滾，然後用慢火煲 2 小時。
4. 加入適量鹽調味，即可享用。

Ingredients

4 quails
300 g pork shin
40 g lily bulbs
60 g Sha Shen
10 cups water
salt

Method

1. Scald quails and rinse; scald pork shin and rinse.
2. Rinse lily bulbs and Sha Shen.
3. Bring all ingredients to boil. Then turn to low heat and boil for 2 hours.
4. Season with salt. Serve.

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這湯可改為燉湯嗎？

可以的。材料份量改為鵪鶉兩隻和滾水四杯，燉 2 小時。

Can I double-steam the soup instead?

Yes, you can. If you double-steam it, use 2 quails and 4 cups of boiling water. Double-steam for 2 hours.



沉魚落雁湯

Asian Moon Scallop Soup with
Water Chestnut and Carrot



材料

日月魚 60 克
 豬骨 400 克
 馬蹄 50 克
 紅蘿蔔 1 條
 銀耳 10 克
 水 8 杯
 鹽適量

做法

1. 豬骨洗淨後飛水。
2. 日月魚洗淨後略浸。銀耳用水浸軟去蒂，撕成小朵。
3. 馬蹄去皮、洗淨。
4. 紅蘿蔔去皮、洗淨，切件。
5. 用大火煲滾所有材料，轉調中慢火煲 2 小時，下適量鹽調味即成。

Ingredients

60 g Asian moon scallops
 400 g pork bones
 50 g water chestnuts
 1 carrot
 10 g white fungus
 8 cups water
 salt

Method

1. Rinse and scald pork bones.
2. Rinse Asian moon scallops and briefly. Soak white fungus until soft. Tear off hard stems and tear into small pieces.
3. Peel and rinse water chestnuts.
4. Peel carrot, rinse and cut into pieces.
5. Bring all ingredients to boil over high heat. Turn to medium low heat and simmer for 2 hours. Season with salt. Serve.

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這湯有甚麼功效？

這湯的主角是日月魚，日月魚有補肝益腎、明目，保護視力，防止視力早衰的功效。

What are the medicinal value of this soup?

Dried moon scallops strengthen the Liver and Kidneys, improve and protect eyesight, and help prevent premature eyesight deterioration.



橄欖螺頭青紅蘿蔔湯

Conch Soup with Olive,
Green Radish and Carrot



材料

急凍螺頭 6 兩
 瘦肉 8 兩
 青橄欖 10 粒
 青蘿蔔 8 兩
 紅蘿蔔 12 兩
 無花果 2 粒
 陳皮 1 角
 鹽適量

做法

1. 陳皮用水浸軟，刮去內瓢。
2. 急凍螺頭解凍，放入滾水內略灼，盛起，撕去外奄，擦淨污垢，用刀切開，去掉腸臟及黏膜，洗淨。
3. 青、紅蘿蔔去皮，洗淨，切塊。
4. 瘦肉洗淨，切大塊；青橄欖及無花果洗淨。
5. 煲滾清水 12 杯，放入全部材料，用大火煲 20 分鐘，轉小火煲 1 1/2 小時，下鹽調味即成。熱天時熬湯飲用。

Ingredients

225 g frozen conch
 300 g lean pork
 10 green olives
 300 g green radish
 450 g carrot
 2 dried figs
 1/4 dried tangerine peel
 salt

Method

1. Soak dried tangerine peel until soft. Scrape off the pith.
2. Defrost conch and scald briefly. Tear off the operculum and rub thoroughly until clean. Cut open vertically and remove the intestines and mucous. Rinse.
3. Peel green radish and carrot. Rinse and cut into pieces.
4. Rinse lean pork and cut into large pieces. Rinse green olives and dried figs.
5. Bring 12 cups of water to boil. Put in all ingredients and boil over high heat for 20 minutes. Turn to low heat and simmer for 1 1/2 hours. Season with salt. Serve summer.

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青橄欖有甚麼功效？

青橄欖有助舒緩咽喉腫痛，而且果肉潤喉解燥，適合暑熱天時熬湯飲用。

What are the medicinal actions of green olives?

Green olives soothe sore throat, moisten the throat and ease Dryness. They are a great ingredient for soups in summer.





黄耳眉豆天山雪莲素汤

Yacon Soup with Yellow Fungus
and Black-Eyed Bean

🍵 材料

黃耳半兩
 眉豆 2 兩
 花生 2 兩
 天山雪蓮 1 斤
 蜜棗 2 粒
 陳皮半個
 鹽適量

🍵 做法

1. 黃耳用清水浸一晚，削去硬蒂，切小塊，飛水，過冷河，瀝乾水分。
2. 陳皮用水浸軟，刮淨瓢。
3. 眉豆及花生洗淨，用水浸 1 小時，瀝乾水分。
4. 天山雪蓮洗淨污泥，去外皮，切大塊。
5. 煲內注入清水 12 杯，下陳皮、眉豆、花生及蜜棗煲滾，加入黃耳及天山雪蓮煲滾，轉小火煲 1 1/2 小時，下鹽調味即可。

🍵 Ingredients

19 g yellow fungus
 75 g black-eyed beans
 75 g peanuts
 600 g yacon
 2 candied dates
 1/2 dried tangerine peel
 salt

🍵 Method

1. Soak yellow fungus overnight. Cut off the hard stems and cut into small pieces. Scald, rinse and drain.
2. Soak dried tangerine until soft. Scrape off the pith.
3. Rinse black-eyed beans and peanuts. Soak for 1 hour. Drain.
4. Rinse off the mud from yacon. Peel and cut into large pieces.
5. Pour 12 cups of water in a pot. Put in dried tangerine peel, black-eyed beans, peanuts and candied dates. Bring to boil. Put in yellow fungus and yacon and bring to boil. Turn to low heat 1 1/2 hours. Season with salt. Serve.

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若無天山雪蓮及黃耳，可用甚麼代替？
 以沙葛及雪耳代替，功效相同。

If I can't get snow lotus stems and yellow ear fungus, can I replace them with something else?

Yes, you can. Use yam bean and white fungus instead for similar medicinal effects.



零失敗
秘方系列

滋潤有益 老火湯

Nourishing and healthful slow-boiled soups

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