



編者話

Foreword



香港人愛喝老火湯，但對外籍家傭來說，煲老火湯絕對並非易事。

本書介紹多款受歡迎的老火湯，家傭可參考煲製，當中有經典的湯水——青紅蘿蔔瑤柱瘦肉湯；又或具保健療效的湯水——番石榴粟米鬚瘦肉湯（穩定糖尿病者的血糖）。只要家傭懂得挑選合適的材料及掌握烹調技巧，絕對能輕易煲煮住家老火湯。

此外，煲製後的湯料絕不要浪費，加點變化，又是一道可口的佳餚。書內介紹四款以湯料烹調的餸菜，配上一碗老火湯，絕對是晚餐的最佳配搭。

Slow-boiled soup is particularly popular in Hong Kong. However, it is not an easy job for the domestic helpers to cook one.

Domestic helpers are learnt from this book, which includes a classic soup, i.e. Pork Soup with Carrot, Green Radish and Dried Scallop; or a healthy soup, i.e. Guava, Corn Silk and Pork Soup (which can stabilize blood sugar of a diabetes patient). Making slow-boiled soup is not that really difficult, once they know how to choose and combine different ingredients, and the tricks of making slow-boiled soups.

Prices have been escalating in every aspect of life. Don't waste the cooked ingredients from the soups! Feliz Chan introduces 4 creative home dishes, which are made from cooked ingredients, for the domestic helpers. Your family gets to taste the sweet soups and the wonderful dishes at the same time.

此湯水適合高血脂及痛風者飲用。

This soup is suitable for the gout patient or the people who has high blood triglyceride level.






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雪耳梨乾百合瘦肉湯

材料：

豬瘦肉半斤，雪耳半兩，雪梨乾 1 兩，乾百合 1 兩，南北杏 1 兩，蜜棗 2 粒，陳皮 1 角

Ingredients:

300 g lean pork, 19 g white fungus, 38 g dried pear, 38 g dried lily bulbs, 38 g sweet and bitter almonds, 2 candied dates, 1 quarter dried tangerine peel

做法：

1. 陳皮用水浸軟，刮去瓢。
2. 雪耳用水浸軟，摘去硬蒂，洗淨，飛水，瀝乾水分。
3. 瘦肉洗淨，飛水，瀝乾水分。
4. 雪梨乾、百合、南北杏、蜜棗洗淨。
5. 燒滾清水 12 杯，放入全部材料，用大火煲 20 分鐘，轉小火煲 2 小時，下鹽調味即成。

Method:

1. Soak dried tangerine peel until soft. Scrape off the pith.
2. Soak white fungus until soft. Cut off the stems and rinse. Scald and drain well.
3. Rinse, scald and drain lean pork.
4. Rinse dried pear, dried lily bulbs, sweet and bitter almonds and candied dates.
5. Bring 12 cups of water to the boil. Put in all ingredients and boil over high heat for 20 minutes. Turn to low heat and simmer for 2 hours. Season with salt and serve.

Pork Soup with White Fungus, Dried Pear and Lily Bulbs

甚麼是梨乾？有何功效？

鴨嘴梨切片曬乾即成梨乾，有清熱
潤燥之功效。

**What is the dried pear? What is its
function?**

Dried pear is made from sliced dried
fragrant pear. It expels the Heat and
moistens the body.





木瓜海底椰杏仁鷓鴣湯

**Partridge Soup with Papaya
and Coco-de-Mer**



用鷓鴣煲湯有何功效？

具健肺、化痰、止咳的食用療效。

What is the function of partridge in the soup?

It strengthens the Lung, stops coughing and expels phlegm.

材料：

Notes:

到中藥店買正宗

海底椰

木瓜 1 個(半生熟，重約 12 兩)，
乾海底椰 1 兩，冰鮮鷓鴣 1 隻，
豬瘦肉 4 兩，南杏 1 兩，陳皮 1
角

Ingredients:

1 papaya (about 450 g, half-ripe), 38 g
dried coco-de-mer, 1 chilled partridge,
150 g lean pork, 38 g sweet almonds, 1
quarter dried tangerine peel

做法：

1. 陳皮用水浸軟，刮去瓤。
2. 鷓鴣處理乾淨，洗淨，與瘦肉同飛水，過冷河，瀝乾水分。
3. 木瓜去皮、去籽，洗淨，切塊。
4. 海底椰、南杏洗淨。
5. 燒滾清水 15 杯，放入鷓鴣、瘦肉、海底椰、南杏及陳皮，用大火煲 20 分鐘，轉小火煲 1 1/2 小時，最後加入木瓜再煲 1 小時，下鹽調味。

Method:

1. Soak dried tangerine peel until soft. Scrape off the pith.
2. Gut and dress the partridge. Rinse well. Scald with lean pork. Rinse under the tap water for a while. Drain.
3. Peel the papaya, remove the seeds. Rinse and cut into pieces.
4. Rinse dried coco-de-mer and sweet almonds.
5. Bring 15 cups of water to the boil. Put in partridge, lean pork, dried coco-de-mer, sweet almonds and dried tangerine peel. Boil over high heat for 20 minutes. Turn to low heat and simmer for 1 1/2 hours. Put in papaya at last and simmer for 1 hour. Season with salt and serve.



鹹檸檬老冬瓜排骨湯

材料：

鹹檸檬 1 個，老冬瓜 1 1/2 斤，唐排骨 12 兩，薑 2 片

Ingredients:

1 salted lemon, 900 g mature winter melon, 450 g spareribs, 2 slices ginger

做法：

1. 唐排骨洗淨，飛水，過冷河，瀝乾水分。
2. 冬瓜去籽，洗淨，切大塊；薑片洗淨。
3. 燒滾清水 10 杯，放入唐排骨及薑，用大火煲半小時，加入鹹檸檬及冬瓜煲滾，轉小火煲 1 1/2 小時，下鹽調味。

Method:

1. Rinse and scald spareribs. Rinse under the tap water for a while. Drain.
2. Remove the seeds from winter melon. Rinse and cut into large chunks; rinse ginger.
3. Bring 10 cups of water to the boil. Put in spareribs and ginger and boil over high heat for 30 minutes. Put in salted lemon and winter melon. Bring to the boil again, then turn to low heat and simmer for 1 1/2 hours. Season with salt and serve.

Notes: 鹹檸檬不要搗爛

Spareribs Soup with Salted Lemon and Winter Melon



怎樣挑選鹹檸檬？煲湯時需要搗爛它嗎？

應挑選深啡色的鹹檸檬，原個下鍋煲成湯，若搗爛的話，湯水會帶苦澀味。

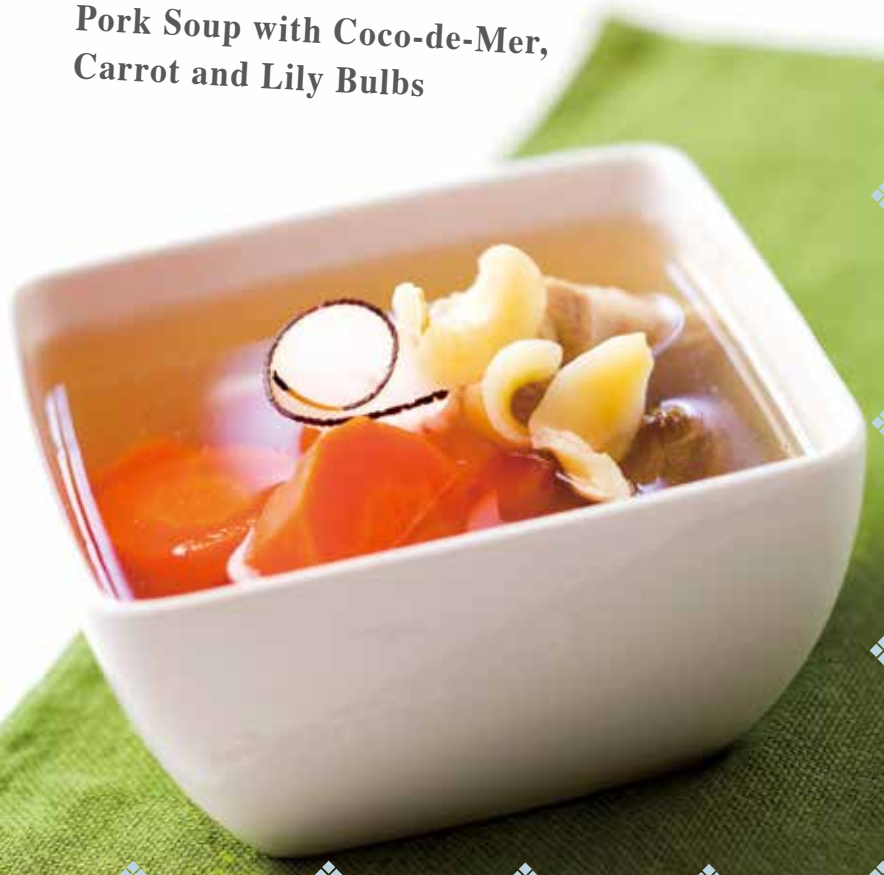
How to choose salted lemon? Can I pound the lemon?

Choose those in dark brown color. Put the whole lemon into the soup during cooking. It will taste bitter if you pound the lemon.



海底椰甘筍百合瘦肉湯

Pork Soup with Coco-de-Mer,
Carrot and Lily Bulbs



為何要刮去陳皮的瓢？

陳皮的內瓢帶苦澀味，故必須去掉。

Why do we need to scrape off the pith from dried tangerine peel?

We should scrape off the white pith because it has a strong bitter taste.

Notes:

- 瘦肉飛水
- 陳皮刮瓢

材料：

乾海底椰 1 兩，乾百合 2 兩，甘筍 1 條（約半斤），豬瘦肉半斤，蜜棗 2 粒，陳皮 1 角

Ingredients:

38 g dried coco-de-mer, 75 g dried lily bulbs, 1 carrot (about 300 g), 300 g lean pork, 2 candied dates, 1 quarter dried tangerine peel

做法：

1. 陳皮用水浸軟，刮去瓢。
2. 瘦肉洗淨，飛水，瀝乾水分。
3. 甘筍去皮，洗淨，切塊。
4. 海底椰、百合、蜜棗洗淨。
5. 燒滾清水 12 杯，放入全部材料，大火煲 20 分鐘，轉小火煲 2 小時，下鹽調味。

Method:

1. Soak dried tangerine peel until soft. Scrape off the pith.
2. Rinse, scald and drain lean pork.
3. Peel the carrot. Rinse and cut into wedges.
4. Rinse coco-de-mer, lily bulbs and candied dates.
5. Bring 12 cups of water to the boil. Put in all ingredients and boil over high heat for 20 minutes. Turn to low heat and simmer for 2 hours. Season with salt and serve.



秋梨川貝南杏豬腱湯

材料：

雪梨 3 個，川貝半兩，南杏 1 兩，
豬腱半斤，陳皮 1 角

Ingredients:

3 Chinese pears, 19g Chuan Bei, 38g sweet
almonds, 300g pork shin, 1 quarter dried
tangerine peel

Notes:

雪梨清潤

做法：

1. 陳皮用水浸軟，刮去瓤。
2. 豬腱洗淨，飛水，瀝乾水分。
3. 雪梨洗淨，切角，去果心。
4. 川貝、南杏洗淨。
5. 燒滾清水 12 杯，放入全部材料，用大火煲 20 分鐘，
轉小火煲 2 小時，最後下鹽調味。

Method:

1. Soak dried tangerine peel until soft. Scrape off the pith.
2. Rinse the pork shin. Scald and drain.
3. Rinse the pears. Core and cut into quarters.
4. Rinse Chuan Bei and sweet almonds.
5. Bring 12 cups of water to the boil. Put in all ingredients and
boil over high heat for 20 minutes. Turn to low heat and
simmer for 2 hours. Season with salt and serve.

豬腩先飛水才煲湯，有何好處？

這樣可辟除豬肉的腥味及血水，令湯水更香甜。

What is the advantage of scalding pork shin before adding to the soup?

Scalding the pork shin can remove the unpleasant smell and blood, making the soup more flavors.

**Pork Shin Soup with Chinese Pear,
Sweet Almonds and Chuan Bei**



姬松茸黃耳煲雞湯

材料：

姬松茸半兩，黃耳半兩，雪耳半兩，冰鮮雞1隻，紅棗8粒（去核），薑3片

Ingredients:

19 g Agaricus Blazei mushrooms, 19 g yellow fungus, 19 g white fungus, 1 chilled chicken, 8 red dates (stoned), 3 slices ginger

做法：

1. 黃耳用滾水加蓋浸5至6小時，洗淨，飛水。
2. 姬松茸、雪耳用水浸軟，摘去硬蒂，洗淨，飛水，瀝乾水分。
3. 雞去皮、去脂肪，洗淨，飛水，過冷河，瀝乾水分。
4. 燒滾清水15杯，放入雞、黃耳、紅棗及薑片，用大火煲20分鐘，轉小火煲1 1/2小時，最後加入雪耳及姬松茸煲45分鐘，下鹽調味。

Method:

1. Soak yellow fungus in boiling water for 5 to 6 hours and cover with the lid. Rinse and scald.
2. Soak Agaricus Blazei mushrooms and white fungus until soft. Remove the stems and rinse. Scald and drain.
3. Remove the skin and fat from the chicken. Rinse and scald. Rinse under the tap water for a while and drain.
4. Bring 15 cups of water to the boil. Put in chicken, yellow fungus, red dates and ginger. Boil over high heat for 20 minutes. Turn to low heat and simmer for 1 1/2 hours. Put in white fungus and Agaricus Blazei mushrooms and simmer for 45 minutes. Season with salt and serve.

Chicken Soup with Yellow Fungus and Agaricus Blazei Mushrooms



姬松茸有何功效？

可提升身體的免疫功能，宜多食用。

What is the function of Agaricus Blazei mushrooms?

It can boost the immune system. It is recommended to consume frequently.

青紅蘿蔔瑤柱瘦肉湯

**Pork Soup with Carrot, Green Radish
and Dried Scallop**



瑤柱毋須先用水浸泡嗎？

瑤柱只須洗淨，如經浸泡，會令瑤柱之鮮味流失。

May I need to soak dried scallops before?

No. The taste of the dried scallops would be lost if you soak them before.

材料：

青蘿蔔 1 條(約 10 兩)，紅
蘿蔔 1 條(約半斤)，瑤柱 4
粒，瘦肉半斤，南北杏 1
兩，陳皮 1 角

Ingredients:

1 green radish (about 380 g),
1 carrot (about 300 g), 4 dried
scallops, 300 g lean pork, 38 g
sweet and bitter almonds, 1 quarter
dried tangerine peel

做法：

1. 陳皮用水浸軟，刮去瓢。
2. 瘦肉洗淨，飛水，過冷河，瀝乾水分。
3. 青、紅蘿蔔去皮，洗淨，切塊。
4. 瑤柱、南北杏洗淨。
5. 燒滾清水 12 杯，放入全部材料，用大火煲 20 分鐘，
轉小火煲 2 小時，灑入鹽調味。

Method:

1. Soak dried tangerine peel until soft. Scrape off the pith.
2. Rinse and scald lean pork. Rinse under the tap water for a
while and drain.
3. Peel green radish and carrot. Rinse and cut into pieces.
4. Rinse sweet and bitter almonds and dried scallops.
5. Bring 12 cups of water to the boil. Put in all ingredients and
boil over high heat for 20 minutes. Turn to low heat and
simmer for 2 hours. Season with salt and serve.

Notes: 瑤柱～家中必備

茶樹菇生地唐排骨湯

材料：

乾茶樹菇 1 兩，生地 1 兩，
唐排骨 12 兩，蜜棗 4 粒，陳
皮 2 角

Ingredients:

38 g dried Chaxingu, 38 g Sheng Di,
450 g spareribs, 4 candied dates, 2
quarter dried tangerine peel

Notes:

茶樹菇要壓乾水分

做法：

1. 陳皮用水浸軟，刮去瓤。
2. 茶樹菇用水浸 1 小時，洗淨，壓乾水分。
3. 唐排骨洗淨，飛水，過冷河，瀝乾水分。
4. 生地、蜜棗洗淨。
5. 燒滾清水 12 杯，放入全部材料，用大火煲 20 分鐘，轉小火煲 2 小時，下鹽調味品嘗。

Method:

1. Soak dried tangerine peel until soft. Scrape off the pith.
2. Soak dried Chaxingu in water for 1 hour. Rinse and squeeze out the water.
3. Rinse and scald spareribs. Rinse under the tap water for a while and drain.
4. Rinse Sheng Di and candied dates.
5. Bring 12 cups of water to the boil. Put in all ingredients and boil over high heat for 20 minutes. Turn to low heat and simmer for 2 hours. Season with salt and serve.

Spareribs Soup with Chaxingu and Sheng Di

這款湯水有何療效？

這款湯水清熱、解毒、去濕，對經常出口瘡、暗瘡或口乾口苦的人來說，具有一定療效。

What is the effect of this soup?

This soup expels the Heat and toxins, removes Dampness. It is very suitable for those always have pimples and cold sore.



栗子薏米百合瘦肉湯

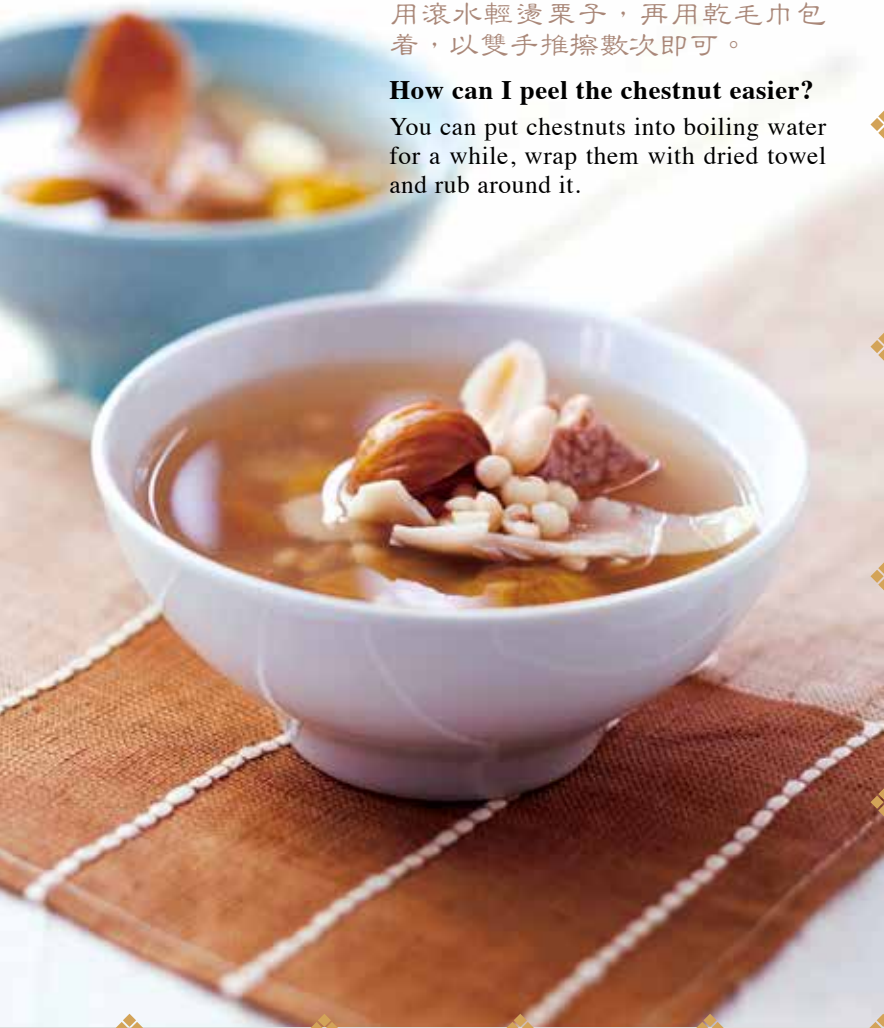
Chestnut, Job's Tears and Lily Bulbs Soup

如何容易去掉栗子皮？

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 chestnut easier?

You can put chestnuts into boiling water for a while, wrap them with dried towel and rub around it.



材料：

栗子 6 兩 (去殼)，瘦肉半斤，
薏米 1 兩，百合 1 兩，南杏
1 兩，陳皮 1 角

Ingredients:

225 g chestnuts (shelled), 300 g lean
pork, 38 g Job's tears, 38 g lily bulbs,
38 g sweet almonds, 1 quarter dried
tangerine peel

Notes:

小心栗子燙手

做法：

1. 陳皮用水浸軟，刮去瓢。
2. 栗子放入滾水內燙一會，取出去皮，洗淨。
3. 瘦肉洗淨，飛水，瀝乾水分。
4. 薏米、百合、南杏洗淨。
5. 燒滾清水 12 杯，放入全部材料，大火煲 20 分鐘，
轉小火煲 2 小時，下鹽調味。

Method:

1. Soak dried tangerine peel until soft. Scrape off the pith.
2. Soak the chestnuts in boiling water for a while. Peel and rinse well.
3. Rinse, scald and drain lean pork.
4. Rinse Job's tears, lily bulbs and sweet almonds.
5. Bring 12 cups of water to the boil. Put in all ingredients and boil over high heat for 20 minutes. Turn to low heat and simmer for 2 hours. Season with salt and serve.

竹筴紅腰豆龍骨節瓜湯

Pork Tail Bone Soup with Chinese Marrow and Zhu Sheng

如何避免節瓜煲至散爛？

秘訣在於節瓜刮淨外皮後，原個下鍋煲湯。

How can I prevent Chinese marrow breaking some pieces during the long-time cooking?

The trick is to put the whole Chinese marrow into soup after peeling.



材料：

節瓜 1 斤，豬尾骨 12 兩，紅腰豆 2 兩，竹筴半兩，蜜棗 2 粒，薑 2 片

Ingredients:

600 g Chinese marrows, 450 g pork tail bone, 75 g red kidney bean, 19 g Zhu Sheng, 2 candied dates, 2 slices ginger

Notes:

小火煲 2 hrs

做法：

1. 竹筴用水浸半小時，洗淨，切段。
2. 節瓜刮淨皮，洗淨，切塊。
3. 豬尾骨洗淨，飛水，過冷河，瀝乾水分。
4. 紅腰豆、蜜棗、薑洗淨。
5. 燒滾清水 12 杯，放入全部材料用大火煲 20 分鐘，轉小火煲 2 小時，下鹽調味。

Method:

1. Soak Zhu Sheng for half an hour. Rinse and cut into sections.
2. Peel Chinese marrow. Rinse and cut into pieces.
3. Rinse and scald the pork tail bone. Rinse under the tap water for a while. Drain.
4. Rinse red kidney bean, candied dates and ginger.
5. Bring 12 cups of water to the boil. Put in all ingredients and boil over high heat for 20 minutes. Turn to low heat and simmer for 2 hours. Season with salt and serve.

Family Delicious Soups

家常老火湯

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