



菲傭入廚手記

Cooking Note for Filipino Helper

春夏湯水·茶飲

Soups & Tea for Spring & Summer

- 祛濕健脾消暑湯飲
- 中草藥功效小知識
- 詳盡菲文材料介紹
- 中文、英文食譜對照

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第二版



編者話

Foreword

春天潮濕，令人懶懶欲睡，提不起勁；夏天氣溫急升，心煩氣燥，胃口欠佳。

要身體回復狀態，必須順應季節氣候變化，適時以養生湯水或茶飲快速調理身體，緩解春夏常見的不適徵狀。

春天宜多喝祛濕健脾湯水或茶飲，紓緩感冒及皮膚濕疹等毛病，調整體質；夏天則多吃瓜果，以消暑排毒湯水為主，減輕脾胃負擔，切勿貪涼常喝冷飲。

本書為家傭介紹多款春夏常喝的湯水及茶飲，更詳述各類中藥材的特性及保健知識。愛護家人，由今天起打好健康基礎！

The dampness in spring is tiring; rising temperature in summer is annoying and appetite-losing.

To keep our body in good condition, we should have drinks and soups according to the change of weather and season.

In spring, soups and teas which clear dampness and strengthen Spleen are recommended. They can ease influenza and eczema syndrome. In summer, soups which clear Heat and toxin become important. Melon is recommended during summer time, but cold drinks are not suggested as it doubles your spleen's workload.

This cookbook introduces to domestic helpers various popular soups and teas in spring and summer. With the characteristic of Chinese herbs and healthy tricks explained, you and your family could lead a healthy life from now on!

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春

Spring



功效

補中益氣、固腎化濕。

Q&A

為何冷水加入陳皮？

由於陳皮性溫，適宜冷水放入，以免引起燥熱。

Why should I add dried tangerine peel before boiling the water?

Because dried tangerine peel is warm in nature, to avoid dryness and heat, you should add dried tangerine peel when the water is cold.

黨參雲苓白朮瘦肉湯

Pork Soup with Dang Shen, Yun Ling and Bai Zhu

材料 Ingredients

黨參、雲苓、白朮各半兩	19 g Dang Shen
瘦肉半斤	19 g Yun Ling
蜜棗 2 個	19 g Bai Zhu
陳皮 1 角	300 g lean pork
	2 candied dates
	1/4 dried tangerine peel

做法 METHOD

1. 陳皮用水浸軟，刮去內瓢。
 2. 瘦肉洗淨，切厚塊，飛水，過冷河。
 3. 黨參、雲苓、白朮及蜜棗用水沖洗，瀝乾水分。
 4. 燒滾清水 8 杯，放入全部材料（瘦肉除外），用大火煲滾，加入瘦肉煲 10 分鐘，轉小火煲 1 小時，下鹽調味即成。
1. Soak dried tangerine peel until soft. Scrape off the pith.
 2. Rinse lean pork. Cut into thick slices. Scald and rinse.
 3. Rinse Dang Shen, Yun Ling, Bai Zhu and candied dates. Drain.
 4. Bring 8 cups of water to boil. Put in all ingredients (except lean pork). Bring to boil over high heat. Put in lean pork and boil for 10 minutes. Turn to low heat and simmer for 1 hour. Season with salt. Serve.



葱白薑片冬菇瘦肉湯

*Pork Soup with Spring Onion,
Ginger and Black Mushrooms*



功效

解表驅寒，調和脾胃，可
舒緩感冒、頭痛及鼻塞等
症狀。（*註：「解表」
解作令病邪向外散發而自
癒）



Q&A

為何只取用葱白部份？

葱白含豐富的維他命B及C，具提升免疫力，抵抗感冒之效。葱白略滾即可，以免營養流失。

Why is it that only white parts of spring onion is used?

White parts of spring onion are rich in vitamin B & C, which can improve immune system and prevent influenza. To prevent lost of nutrients, they should be only boiled for a short time.

材料 Ingredients

梅頭瘦肉 4 兩

冬菇 4 朵

薑 6 片

葱白 10 段

150 g pork butt

4 dried black mushrooms

6 slices ginger

10 sections white parts of
spring onion

做法 METHOD

1. 冬菇去蒂，洗淨，用水浸軟，擠乾水分。
 2. 瘦肉洗淨，切薄片。
 3. 葱切去鬚根，洗淨，去掉青蔥，只取葱白段。
 4. 煮滾清水 4 杯，下薑片、冬菇及瘦肉煲 10 分鐘，加入葱白滾 5 分鐘，下鹽調味即成。
1. Remove stalks from black mushrooms and rinse. Soak until soft and squeeze dry.
 2. Rinse and slice pork butt.
 3. Remove roots from spring onion and rinse. Remove the green leaves and take the white parts only.
 4. Bring 4 cups of water to boil. Put in ginger, black mushrooms and pork butt and boil for 10 minutes. Put in white parts of spring onion and boil for 5 minutes. Season with salt. Serve.



杞子菊花茶

Chrysanthemum and Qi Zi Tea

功效

清肝明目，特別是每天面對電腦工作的人士尤其有益。

Q&A

為何倒掉第一泡茶？

第一泡茶用以沖洗杞子及菊花，因菊花的花瓣或藏有砂粒及沾有塵埃。

Why should I discard the tea at first?

The first cup of boiling water is for cleaning Qi Zi and chrysanthemum, as they might contain dirt or sand.



材料 Ingredients

杞子 20 至 25 粒

菊花 15 至 20 朵

20-25 pieces Qi Zi

15-20 pieces dried
chrysanthemum

做法 METHOD

1. 將杞子及菊花放入茶壺內，注入大滾水約 1 杯，倒掉第一泡茶。
2. 再沖入大滾水 2 杯，焗 15 分鐘，隔渣飲用。
1. Put Qi Zi and chrysanthemum in a tea pot. Pour in about 1 cup of boiling water. Discard the tea.
2. Pour in 2 cups of boiling water and remain covered for 15 minutes. Serve.



竹蔗茅根馬蹄茶

Sugarcane, Couch Grass Root and Water Chestnut Tea

材料 Ingredients

竹蔗半斤（斬段）

馬蹄 10 粒

茅根 1 扎

芫茜 2 兩

300 g sugarcane sections

10 water chestnuts

1 bundle couch grass root

75 g Chinese coriander

做法 METHOD

1. 馬蹄去皮，洗淨，浸泡於清水。
 2. 竹蔗擦淨外皮，斬成幼枝。
 3. 芫茜去鬚根，洗淨；茅根剪段，洗淨。
 4. 煲滾清水 10 杯，放入全部材料，用大火煲滾，轉小火煲 1 1/2 小時，隔渣飲用。
1. Peel water chestnuts. Rinse and soak in water.
 2. Rub clean sugarcanes and chop into thin strips.
 3. Remove the root from Chinese coriander and rinse. Cut couch grass root into sections with scissors and rinse.
 4. Bring 10 cups of water to boil. Put in all ingredients and bring to boil over high heat. Turn to low heat and simmer for 1 1/2 hours. Filter out the ingredients. Serve.



功效

清潤散熱、潤澤五臟，
提高免疫力。

Q&A

購買菜檔一扎扎出售的竹蔗茅根，可以嗎？

我建議購買原條竹蔗，比較新鮮，而且能保存竹蔗之鮮甜味。

Are bundled sugarcanes available in vegetable stalls suitable?

Whole sugarcane is suggested for its better sweetness and taste.



冬菇瑤柱豬腱節瓜湯

*Pork Shin Soup with Chinese Marrow,
Black Mushroom and Scallop*

材料 Ingredients

冬菇 1 兩	38 g dried black mushroom
瑤柱 3 粒	3 dried scallops
節瓜 1 斤	600 g Chinese marrow
豬腱 8 兩	300 g pork shin
蜜棗 2 粒	2 candied dates
薑 2 片	2 slices ginger

做法 METHOD

1. 冬菇去蒂，洗淨，用水浸軟，擠乾水分。
 2. 豬腱洗淨，飛水，過冷河，切大塊。
 3. 節瓜用小刀刮去外皮，洗淨。
 4. 瑤柱及蜜棗用水洗淨。
 5. 煲滾清水 10 杯，放入全部材料，用大火煲 20 分鐘，轉小火再煲 1 1/2 小時，下鹽調味即成。
1. Remove the stems from black mushroom. Rinse and soak until soft. Squeeze until dry.
 2. Rinse pork shin. Scald and rinse. Cut into large pieces.
 3. Scrape off the peel from Chinese marrow with a knife. Rinse.
 4. Rinse dried scallops and candied dates.
 5. Bring 10 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.

Q&A

此湯如何預防感冒？

夏天時節，最適宜用任何瓜類配搭肉類、菇菌熬湯，不時不吃，可解暑清熱，健脾開胃，提高免疫力，預防感冒。

How can this soup prevent influenza?

In summer, soups with gourds, meat and mushrooms are suitable for clearing Heat, strengthening Spleen, improving appetite and immune system.



功效

消暑，防感冒、健脾胃。



木瓜花生眉豆栗子湯

*Papaya Soup with Peanut,
Black-Eyed Bean and Chestnut*



功效

暢通腸道、排清毒素，
補腎虛，令腰膝有力。

Q&A

煲素湯有何注意之處？

豆類及乾貨材料先浸泡妥當，而且注意煲湯的水分毋須太多，煲湯時間也較短。

What should I pay attention to when making vegetarian soup?

You should soak beans and dried ingredients properly. The amount of water used to make soup should be suitable and the soup usually requires less time to make.

材料 Ingredients

半生熟木瓜 1 個 (約 1 斤)	1 half-ripe papaya (about 600 g)
栗子肉 4 兩	150 g shelled chestnut
冬菇 1 兩	38 g dried black mushroom
花生 2 兩	75 g peanuts
眉豆 2 兩	75 g black-eyed beans
陳皮 1 角	1/4 dried tangerine peel

做法 METHOD

1. 陳皮用水浸軟，刮去內瓢。
 2. 冬菇去蒂，洗淨，用水浸 1 小時，瀝乾水分。
 3. 花生及眉豆洗淨，用水浸 1 小時，隔去水分。
 4. 栗子放入滾水灼 3 分鐘，盛起，過冷河，去掉外皮。
 5. 木瓜切去外皮，開邊，去籽，洗淨，切大塊。
 6. 煲滾清水 12 杯，放入陳皮、冬菇、花生及眉豆，用大火煲半小時，加入栗子及木瓜煲滾，轉小火煲 1 小時，下鹽調味即成。
1. Soak dried tangerine peel until soft. Scrape off the pith.
 2. Remove the stems from dried black mushroom and rinse. Soak for 1 hour and drain.
 3. Soak peanuts and black-eyed beans for 1 hour and drain.
 4. Scald chestnuts for 3 minutes. Rinse and remove the skin.
 5. Peel papaya. Cut into halves and remove seeds. Rinse and cut into large pieces.
 6. Bring 12 cups of water to boil. Put in dried tangerine peel, dried black mushroom, peanuts and black-eyed peas. Boil over high heat for half an hour. Put in chestnuts and papaya and bring to boil. Turn to low heat and simmer for 1 hour. Season with salt. Serve.

羅漢果甘筍菜乾湯

*Luo Han Guo, Carrot and
Dried White Cabbage Soup*



功效

化痰止咳、潤腸，
有助排毒。

Q&A

雪耳為何要飛水？

雪耳飛水及過冷河後，去掉異味，而且口感爽脆好吃。

Why should I scald white fungi?

After scalding and rinsing, white fungi would become crispier and the unpleasant taste from white fungi is removed.



材料 Ingredients

羅漢果半個	1/2 Luo Han Guo
菜乾 1 兩	38 g dried white cabbage
紅蘿蔔 12 兩	450 g carrot
雪耳半兩	19 g white fungi
南北杏 1 兩	38 g sweet and bitter almonds
陳皮 1 角	1/4 dried tangerine peel

做法 METHOD

1. 陳皮用水浸軟，刮去內瓢。
 2. 雪耳用水浸泡 1 小時，剪去硬蒂，撕成細朵，飛水，過冷河，瀝乾水分。
 3. 菜乾用水浸泡 2 小時，洗淨砂粒，切短度；紅蘿蔔去皮，洗淨，切塊。
 4. 羅漢果及南北杏洗淨，隔乾水分。
 5. 煲滾清水 10 杯，放入全部材料，用大火煲滾，轉中火煲半小時，再轉小火煲 1 小時，下鹽調味即成。
1. Soak dried tangerine peel until soft. Scrape off the pith.
 2. Soak white fungi for 1 hour. Scissor off the tough stems and tear into small pieces. Scald, rinse and drain.
 3. Soak dried white cabbage for 2 hours. Rinse off the dirt and cut into short sections. Peel and rinse carrot. Cut into pieces.
 4. Rinse Luo Han Guo and sweet and bitter almonds. Drain.
 5. Bring 10 cups of water to boil. Put in all ingredients and bring to boil. Turn to medium heat and boil for half an hour. Turn to low heat and simmer for 1 hour. Season with salt. Serve.



車前草粟米鬚茶

Che Qian Ciao and Corn Silk Tea

功效

利水化濕，清理膀胱濕熱，有助紓緩尿道炎及小便異味等毛病。



Q&A

哪裏購買粟米鬚？

粟米鬚有新鮮及乾品兩種，新鮮的是粟米的鬚根；乾品於中藥店購買，兩者皆具解熱、利水及降壓之效，以新鮮的品質較佳。

Where are corn silks available?

Corn silks are available either fresh or dried. Fresh ones are better in quality, where dried ones are available in Chinese herbal stores. Both can clear Heat, promote urination and lower blood pressure.

材料 Ingredients

新鮮車前草 8 兩

新鮮粟米鬚 2 兩

糖冬瓜 6 條

300 g fresh Che Qian Ciao

75 g fresh corn silk

6 pieces candied winter melon

做法 METHOD

1. 車前草剪去鬚根，洗淨，瀝乾水分。
 2. 粟米鬚及糖冬瓜用水洗淨，隔乾水分。
 3. 燒滾清水 10 杯，放入所有材料，用大火煲滾，轉小火煲 1 小時，隔渣飲用。
1. Remove the roots from Che Qian Ciao. Rinse and drain.
 2. Rinse corn silk and candied winter melon. Drain.
 3. Bring 10 cups of water to boil. Put in all ingredients and bring to boil over high heat. Turn to low heat and simmer for 1 hour. Discard the ingredients and serve.

Soups & Tea for Spring & Summer

春夏湯水·茶飲

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<http://www.facebook.com/formspub>

發行者 *Distributor*

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

香港新界大埔汀蘭路36號 3/F., C&C Building, 36 Ting Lai Road,

中華商務印刷大廈3字樓 Tai Po, N.T., Hong Kong

電話 Tel: 2150 2100

傳真 Fax: 2407 3062

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*

二〇一一年十二月第一次印刷 *First print in December 2011*

二〇一六年六月第二次印刷 *Second print in June 2016*

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Copyright©2016 Wan Li Book Co. Ltd
Published in Hong Kong by Forms Kitchen,
a division of Wan Li Book Company Limited.
ISBN978-988-8137-20-6



瀏覽網站



會員申請

暢銷
熱賣中

新出版



春夏



春夏湯水·茶飲

Soups & Tea for Spring & Summer

春天濕氣重；夏天暑氣難消，

家傭懂得因應季節，預備祛濕消暑湯水嗎？

祛濕、利水、健脾、清熱、排毒…春夏的保健飲食原則，是由日常經驗累積下來，但對外籍家傭，卻是個大挑戰。

資深烹飪導師 Feliz Chan 針對春夏常見的不適徵狀，介紹數十款養生湯水及茶飲，每款湯飲均附功效說明，而且食材特性解說清楚，令家傭完全掌握煲湯、素湯之竅訣，加上仔細的步驟圖解，家傭自然成為煲湯專家！

*Heavy dampness in spring; extreme heat in summer ...**Do domestic helpers know how to make soups that expels dampness and heat according to the season?*

Expelling dampness, heat and toxins, promoting urination, strengthening Spleen... In spring and summer, a healthy diet bases on those concepts. For domestic helpers, however, this is a challenge.

Having considered common health problems we have in spring and summer, Feliz Chan, experienced instructor, introduces to you the well-being soups and tea, with the functions and the nature of ingredients. Along with illustrations and tricks, domestic helpers could definitely be expert in making soups!



ISBN 978-988-8137-20-6



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聯合出版集團

HK\$38.00

Published in Hong Kong



www.formspub.com