

編者話

Foreword

秋天到，氣候由熱轉寒，喉嚨乾涸容易咳嗽，五臟容易因燥熱而生病；冬天寒氣透心，手腳容易冰冷。

本書針對秋冬的天氣轉變，以雪梨、川貝、木瓜、龍脷葉、杏汁等炮製養陰祛燥的湯水；以及用黃酒、羊肉等溫補食材的暖身補腎湯，美味保健兼備。為了照顧素食者的需要，作者特別介紹四款全素湯，同樣達到滋養的功效。

秋冬天，多飲用養陰清潤的湯水，幫助身體適應氣候變化，滋養身心；冬天多注意保暖，此時的脾胃吸收能力較佳，適時進補，養精蓄銳。

在家無暇煲湯？泡一杯化痰的青橄欖普洱甜茶，或預防感冒的紫蘇薄荷薑茶，簡單方便，家傭可以輕鬆處理。

Weather changes as autumn comes in where dry throat and cough are very popular, and people get sick easily because of the dryness and heat; during winter, everyone is easily getting cold limbs.

This cookbook addresses those weather changes in autumn and winter and includes corresponding soups with Ya-li pears, Chuan Bei, papaya, Long Li leaves, almond juice etc., which can expel dryness and tonify your body, along with soups using glutinous rice wine and lamb which can warm your body and strengthen Kidney. In consideration of vegetarian readers, this cookbook includes vegetarian soups which have the same nourishing and invigorating effect.

To help our body coping with the weather change in autumn and winter, we should have more nourishing soup; during winter, where Spleen and Stomach are working better, we should focus on warming and strengthening our bodies.

Don't have time to make soups? Just make a phlegm-expelling Sweet Pu-er Tea with Green Olives, or flu-preventing Perilla, Mint and Ginger Tea. They are so simple that domestic helpers can make them in no time.

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海底椰蘋果雪梨湯

Coco-de-Mer,
Apple and Ya-li Pear Soup



Q&A

睡覺時咳嗽不止，適合飲用嗎？

不適合！此湯適合熱咳人士，晚上咳嗽不止屬寒咳，寒咳者宜多喝暖水，建議睡覺前含一小片陳皮，具順氣之效，或將枕頭疊高，有助氣管呼吸。

Can I have this soup if I have serious cough at night?

No! This soup is for people with cough associated with Wind-Heat, where cough at night is associated with Wind-Cold. You should have more warm water; put a small piece of dried tangerine peel in your mouth 1 hour before sleep or raise your pillow to ease your trachea and breath.



功效

潤肺、止咳化痰

材料 Ingredients

乾海底椰 1 兩	38 g dried coco-de-mer
蘋果 2 個	2 apples
鴨咀雪梨 2 個	2 Ya-li pears
南北杏 1 兩	38 g bitter and sweet almonds
瘦肉半斤	300 g lean pork
陳皮 1/4 個	1/4 dried tangerine peel
蜜棗 2 粒	2 candied dates

做法 METHOD

1. 陳皮用水浸軟，刮淨瓢。
 2. 瘦肉洗淨，切厚片。
 3. 海底椰、南北杏及蜜棗洗淨。
 4. 蘋果及雪梨洗淨外皮，切角，去心，用浸過面的清水略浸，備用。
 5. 煲內注入清水 10 杯，加入陳皮、蜜棗、海底椰及南北杏煲滾，下瘦肉煲半小時，再加入蘋果及雪梨煲滾，轉小火煲 40 分鐘，最後下鹽調味。
1. Soak dried tangerine peels until soft. Scrape off the pith.
 2. Rinse lean pork and cut into thick slices.
 3. Rinse coco-de-mer, bitter and sweet almonds and candied dates.
 4. Rinse apples and pears. Cut into wedges and remove the cores. Briefly soak under water and set aside.
 5. Pour 10 cups of water in a pot. Put in dried tangerine peel, candied dates, coco-de-mer and bitter and sweet almonds. Bring to boil. Put in lean pork and boil for 30 minutes. Put in apples and pears and bring to boil. Turn to low heat and simmer for 40 minutes. Season with salt. Serve.



番薯梅菜芥菜瘦肉湯

Pork Soup with Sweet Potato and Preserved Mustard Greens

材料 Ingredients

番薯 1 個 (約半斤)	1 sweet potato (about 300 g)
梅菜 1 兩	38 g preserved mustard green
芥菜半斤	300 g mustard green
瘦肉 4 兩	150 g lean pork
冬菇 4 朵	4 dried black mushrooms
薑 3 厚片	3 thick slices ginger

做法 METHOD

1. 冬菇去蒂，用水浸軟，洗淨，瀝乾水分。
 2. 番薯洗淨，去皮，切塊，用清水浸過面，備用。
 3. 梅菜切段，洗淨砂粒，擠乾水分。
 4. 芥菜洗淨，切段；瘦肉洗淨，切薄片。
 5. 煲內注入清水 7 杯，加入薑片、番薯及冬菇煲滾，下瘦肉及梅菜煲 15 分鐘，最後加入芥菜煲 10 分鐘即成。
1. Remove stalks from black mushrooms and soak until soft. Rinse and drain.
 2. Rinse sweet potato, peel and cut into pieces. Soak under water.
 3. Cut preserved mustard green into sections, rinse off any dirt or sands and squeeze dry.
 4. Rinse mustard green and cut into sections; rinse and thinly slice lean pork.
 5. Pour 7 cups of water in a pot. Put in ginger, sweet potato and black mushrooms. Bring to boil. Put in lean pork and preserved mustard green and boil for 15 minutes. Put in mustard green and boil for 10 minutes. Serve.

Q&A

用梅菜煲湯有何益處？

梅菜是芥菜醃製而成，與新鮮的芥菜一併煲湯，可加強利氣解毒之功效，而且湯味獨特。

What is the function of preserved mustard green in soup?

Preserved and fresh mustard green can be used together to make soups. They produce a unique taste and can strengthen Qi and expel toxins.



功效

降膽固醇、清腸排毒、
預防感冒



龍脷葉花果鷓鴣湯

Partridge Soup with
Long Li Leaves and Fig



Q
&
A

買不到鷓鴣，怎辦？

鷓鴣對脾虛及久咳很有幫助。現時市面只有急凍鷓鴣出售，若難以購買，也可用鶉鴉或瘦肉代替。

What should I do if I cannot find partridges?

Partridges are very useful for spleen deficiency and continuous cough. Only frozen partridges are available now. You can use quail or lean pork to replace.

功效

清熱潤肺、化痰止咳

材料 Ingredients

龍脷葉 2 兩
無花果 4 粒
川貝半兩
鷓鴣 1 隻
瘦肉 6 兩
陳皮半個
75 g Long Li leaves
4 dried figs
19 g Chuan Bei
1 partridge
225 g lean pork
1/2 dried tangerine peel

Notes:

到菜檔買新鮮龍脷葉

做法 METHOD

1. 陳皮用水浸軟，刮淨瓢。
 2. 鷓鴣洗淨，飛水，過冷河，瀝乾水分。
 3. 瘦肉洗淨，切厚片。
 4. 龍脷葉洗淨，瀝乾水分；無花果及川貝洗淨。
 5. 煲內注入清水 12 杯，加入陳皮煲滾，下其餘材料煲 15 分鐘，轉小火煲 1 1/2 小時，下鹽調味享用。
1. Soak dried tangerine peel until soft. Scrape off the pith.
 2. Rinse partridge. Scald, rinse again and drain.
 3. Rinse lean pork and cut into thick slices.
 4. Rinse Long Li leaves and drain; rinse dried figs and Chuan Bei.
 5. Pour 12 cups of water in a pot. Put in dried tangerine peel. Bring to boil. Put in other ingredients and boil for 15 minutes. Turn to low heat and simmer for 1 1/2 hours. Season with salt. Serve.



川貝雪耳杏仁豬腱湯

Pork Shin Soup with Chuan Bei, White Fungus and Almonds

材料 Ingredients

川貝半兩	19 g Chuan Bei
雪耳 3/4 兩	28 g white fungus
南北杏 1 兩	38 g bitter and sweet almonds
豬腱 12 兩	450 g pork shin
無花果 3 粒	3 dried figs
陳皮 1/4 個	1/4 dried tangerine peel

做法 METHOD

1. 雪耳用水浸軟（約 1 小時），剪去硬蒂，摘成小朵，洗淨，飛水，隔去水分。
2. 陳皮用水浸軟，刮淨瓢；川貝及南北杏洗淨。
3. 豬腱洗淨，切大塊，飛水，過冷河，瀝乾水分。
4. 煲內注入清水 12 杯，加入川貝、無花果、南北杏及陳皮煲滾，下豬腱煲 15 分鐘，轉小火煲 1 小時，加入雪耳再煲半小時，下少量鹽調味，雪耳可伴湯飲用。
1. Soak white fungus for about 1 hour until soft. Cut off the hard stems and tear into small pieces. Rinse, scald and drain.
2. Soak dried tangerine peel until soft. Scrape off the pith. Rinse Chuan Bei and almonds.
3. Rinse pork shin and cut into large pieces. Scald, rinse and drain.
4. Pour 12 cups of water in a pot. Put in Chuan Bei, dried figs, almonds and dried tangerine peel. Bring to boil. Put in pork shin and boil for 15 minutes. Turn to low heat and simmer for 1 hour. Put in white fungus and boil for 30 minutes. Season with salt. Serve with white fungus.

A white ceramic bowl filled with a light-colored soup, containing several pieces of white fungus (snow fungus) and dried scallops. The bowl is placed on a red and white checkered tablecloth. In the background, there are green leaves and some dried red maple leaves.

功效

滋陰潤肺、化痰止咳

Q&A

川貝的價錢昂貴嗎？

一般的川貝售價不太貴，每兩大約售 \$35 至 50，其潤肺化痰、清熱止咳的功效很高，不妨準備一些川貝在家，以備使用。

Is Chuan Bei expensive?

Chuan Bei is not expensive; usually selling at \$35-\$50 per 38 grams. It has a very effective function of nourishing Lung, expelling phlegm and heat and stopping cough.



鮮百合木瓜魚湯

White Crucian Carp Soup with
Fresh Lily Bulbs and Papaya



功效

潤肺養顏、補中益氣

材料 Ingredients

鮮百合 2 球

半生熟木瓜 1 斤

白鯽魚 1 條（約 12 兩）

瘦肉 4 兩

薑 2 片

2 fresh lily bulbs

600 g half-ripe papaya

1 white crucian carp (450 g)

150 g lean pork

2 slices ginger

Notes:

木瓜切塊後才去皮，較容易處理！



新鮮或乾百合，其功效有何分別？

兩者的功效相同，具潤肺止咳、養顏安神之效。用新鮮百合煲湯，湯水清甜美味，但鮮品不耐存；乾品可密封儲存在家，隨時可用。

What are the function differences between fresh and dried lily bulbs?

They have the function of nourishing Lung, stopping cough, improving skin and calming the nerves. Soups with fresh lily bulbs are sweet and delicate but they cannot last long; dried ones can be stored and sealed and used whenever you needed.



做法 METHOD

1. 鮮百合切去頭尾兩端及焦黑部分，撕成瓣狀，洗淨備用。
 2. 木瓜開邊，用小匙刮去核，每邊切成三大塊，切皮，洗淨。
 3. 瘦肉洗淨，切厚片。
 4. 白鰻魚剖好，洗淨，抹乾水分。放入油鑊內，加入薑片煎至魚兩面呈微黃色，隔去多餘油分，傾入滾水 10 杯，用大火煮 10 分鐘，加入瘦肉及木瓜煮滾，轉中火煲半小時，最後下鮮百合煲 10 分鐘，下少許鹽調味即成。
1. Cut off the head, root and the black parts from lily bulbs. Tear into small pieces. Rinse and set aside.
 2. Cut papaya into halves. Remove seeds with a teaspoon. Cut each half into 3 large pieces. Cut off the skin and rinse.
 3. Rinse lean pork and cut into thick slices.
 4. Cut open and gut white crucian carp, rinse and wipe dry. Fry white crucian carp with ginger slices and oil until both sides turn light brown. Drain the oil. Pour 10 cups of boiling water and boil over high heat for 10 minutes. Put in lean pork and papaya and bring to boil. Turn to medium heat and boil for 30 minutes. Put in lily bulbs and boil for 10 minutes. Season with salt. Serve.



桑葉杏汁豬肺湯

Pork Lung Soup with
Mulberry Leaf and Almond Juice



功效

止咳平喘、清肺熱

材料 Ingredients

乾桑葉半兩	19 g dried mulberry leaves
南北杏 1 1/2 兩	57 g bitter and sweet almonds
豬肺 1 個	1 pork lung
瘦肉半斤	300 g lean pork
無花果 2 個	2 dried figs
薑 2 片	2 slices ginger



Q&A

白鑊煎豬肺時，見有大量水分泌出來，怎辦？

不打緊！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 lung waters a lot when fried. What should I do?

Don't worry! It is normal. With the water, it has the same effect of scalding and thus removing indecent smells. On the other hand, you should always buy clean, washed pork lung with pale pink colour and no blood from butchers.



做法 METHOD

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。
 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。
 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（豬肺軟脰即可），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. 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.
 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.
 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.



黃耳眉豆天山雪蓮素湯

Yacon Soup with Yellow Fungus and Black-Eyed Bean

材料 Ingredients

黃耳半兩	19 g yellow fungus
眉豆 2 兩	75 g black-eyed beans
花生 2 兩	75 g peanuts
天山雪蓮 1 斤	600 g yacon
蜜棗 2 粒	2 candied dates
陳皮半個	1/2 dried tangerine peel

做法 METHOD

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。
1. Soak yellow fungus overnight. Cut off the hard stems and cut into small pieces. Scald, rinse and drain.
2. Soak dried tangerine peel 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 and boil for 1 1/2 hours. Season with salt. Serve.

Q&A

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。

What can I use if yacon and yellow fungus are not available?

Replace them with yam beans and white fungus; they have the same functions.



功效

潤肺、健脾胃



鮮百合雪梨茶

Ya-li Pear Tea with Fresh Lily Bulbs

Q&A

此茶很寒涼嗎？

已煮的雪梨不會太寒涼，加上百合同煲，有清熱及滋潤肺部之效，適合秋燥季節飲用。

Is this tea cold in nature?

Cooked pears are not too cold in nature. When cooked with lily bulbs, they can expel heat and nourish Lung, which is suitable in autumn.

Notes:

記住多買雪梨煲茶！

材料 Ingredients

鮮百合 2 球

雪梨 4 個

冰糖 1 粒

2 fresh lily bulbs

4 Ya-li pears

1 cube rock sugar

做法 METHOD

1. 鮮百合切去頭尾兩端的焦黑部分，撕成瓣狀，洗淨。
2. 雪梨洗淨外皮，切角，去心。
3. 煲內注入清水 8 杯煲滾，加入雪梨，用中小火煲 40 分鐘，下冰糖及鮮百合再煲 10 分鐘即可。
1. Cut off the head, root and the black parts from lily bulbs. Tear into small pieces. Rinse.
2. Rinse pears. Cut into wedges and remove the cores.
3. Bring 8 cups of water to boil. Put in pears. Boil over medium-low heat for 40 minutes. Put in rock sugar and lily bulbs and boil for 10 minutes. Serve.



功效

清熱生津、潤肺止咳



蔗汁燉雪耳

Double-Steamed White Fungus
with Sugarcane Juice



功效

潤肺、去煩燥



加入蔗汁同燉，功效如何？

熱飲的蔗汁有補益功效，潤燥止渴、益氣健脾，適合肺熱乾咳者飲用。此燉品帶清甜甘香之味。

What is the function of double-steaming with sugarcane juice?

Hot sugarcane juice has a great invigorating function of nourishing, stopping thirst and strengthening Spleen. It is suitable for people with heat in Lung and dry cough. It tastes and smells sweet.

材料 Ingredients

雪耳 2 球

鮮榨蔗汁 2 杯

冰糖 1 粒

2 ears white fungus

2 cups freshly pressed
sugarcane juice

1 cube rock sugar

做法 METHOD

1. 雪耳用水浸 1 小時，剪去硬蒂，摘細朵，飛水，過冷河，瀝乾水分。
2. 雪耳及冰糖置於燉盅內，注入 1 1/2 杯滾水，隔水中火燉 40 分鐘，加入蔗汁再燉 20 分鐘即可。
1. Soak white fungus for 1 hour. Cut off hard stems and tear into small pieces. Scald, rinse and drain.
2. Put white fungus and rock sugar in a stewing pot. Pour in 1 1/2 cups of boiling water. Double-steam the pot for 40 minutes. Pour in sugarcane juice and double-steam for 20 minutes. Serve.



紫蘇薄荷薑茶

Perilla, Mint and Ginger Tea

Q&A

感冒初起時飲用，有用嗎？

紫蘇葉對風寒感冒、咳嗽氣喘有作用；薄荷葉則化痰止咳、化胃氣，感冒初起時可酌飲。

Is this tea effective during early influenza?

Yes! You can consider having it as perilla leaves are effective for flu associated with Wind-Cold, cough and asthma; mint leaves can expel phlegm and stomach Qi and stop cough.

材料 Ingredients (1 人份量)

乾紫蘇葉 10 塊

薄荷葉 10 塊

老薑 6 片

10 dried perilla leaves

10 mint leaves

6 slices mature ginger

做法 METHOD

老薑放入煲內，注入清水 1 1/2 杯，煲滾，轉小火煲 5 分鐘，加入紫蘇葉及薄荷葉煲滾 2 分鐘，隔渣，趁熱飲用。

Put ginger in a pot and pour in 1 1/2 cups of water. Bring to boil, turn to low heat and boil for 5 minutes. Put in perilla and mint leaves and boil for 2 minutes. Sift well. Serve hot.

A cup of traditional Chinese medicine soup, likely ginger and cinnamon tea, served in a white ceramic cup with a dark brown rim. The cup sits on a dark brown wooden tray. A wooden spoon is placed next to the cup. The background is a warm, orange-toned surface with a woven texture. In the top right corner, there are decorative blue and green snowflake-like patterns.

功效

預防感冒、暖身驅寒

Soups & Tea for Autumn & Winter

秋冬湯水·茶飲

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