

食譜

Recipes



Cogon Grass and Sugar Cane Drink with Carrots and Chinese Water Chestnuts

Ingredients:

(Serves about 4 persons)

Carrot	1 piece
Cogon grass	½ bundle
Sugar cane	½ bundle
Chinese water chestnut	5 pieces
Water	6-7 cups

(Remark: 1 cup ≈ 240 ml)



Method:

1. Wash the cogon grass and sugar cane. Set aside.
2. Wash and peel the Chinese water chestnuts. Set aside.
3. Wash and peel the carrot, then cut it into pieces.
4. Pour water into the pot and add all the ingredients.
5. Bring all the ingredients to the boil over high heat, then simmer over medium heat for 1 hour and serve.



Nutrition Tips

1. Carrots and sugar canes contain natural sweet flavour. Addition sugar is not required in the drink.
2. Chinese water chestnuts contain potassium which helps to control blood pressure and reduces the risk of stroke.