

食譜

Recipes



Broccoli Chowder

Ingredients:

Broccoli	230 g
Stock	2 cups
Egg white, beaten	3
Spring onion, diced	Small amount
Black fungus, soaked and shredded	Small amount

(Remark: 1 cup ≈ 240 ml)

(Serves about 4 persons)



Seasoning:

Salt	¼ teaspoon
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Sauce:

Corn flour	3 tablespoons
Water	½ cup

Method:

1. Rinse broccoli. Cook in boiling water until done. Cut into small pieces.
2. Bring stock to the boil. Add broccoli and black fungus. Stir in egg white. Season with salt. Thicken stock with corn flour sauce. Sprinkle with spring onion.



Nutrition Tips

Due to the high fat and salt content, canned stock is not recommended. Instead, clear broth can be made with lean pork or skinless chicken and visible fat should be removed before use.