

食譜

Recipes



Snakehead Mullet Soup with Apples and Water Chestnuts

Ingredients:

(Serves about 8-10 persons)

Apples	4 medium
Water chestnuts	8 pieces
Snakehead mullet (or other types of fish)	450 g
Pork shank	300 g
Dried tangerine peel, soaked	1 piece
Ginger	2 slices
Water	12 cups



(Remark: 1 cup ≈ 240 ml)

Seasoning:

Salt	1/3 teaspoon
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Method:

1. Peel apples and remove seeds. Rinse and cut into large pieces.
2. Wash pork shank and scald.
3. Dress and rinse fish. Wipe off excess water. Fry to golden brown with ginger.
4. Boil 12 cups of water in pot with all ingredients over high heat for half an hour. Switch to medium heat for another hour. Season with salt and serve.
5. Boil the water over high heat. Add in all the ingredients and bring to a boil. Continue boiling over medium heat for 1.5 hours. Season to taste with salt.



Nutrition Tips

Fish can be put in a soup bag before cooking to reduce the risk of choking among children.