

奇異果潤肺湯

材料

百合 30 克
南北杏共 30 克
川貝 6 克
雪耳 3-5 朵
豬展 200 克
奇異果 4 個

做法

1. 雪耳用清水浸發後去硬蒂，切成小塊；奇異果去皮切成兩半，豬展氽水切塊備用；
2. 百合、南北杏、川貝用水沖洗，浸約 15 分鐘；
3. 煲內放入適量清水及材料，大火煲滾後加入豬展，轉小火煲 1 至 1.5 小時，最後放入奇異果煲 15 分鐘，加少許食鹽調味即成。

功效

奇異果又叫彌猴桃，其根莖是彌猴桃根，又叫藤梨根，是常用抗癌中草藥。奇異果具清熱止渴，健胃通淋的功效，含豐富維他命，尤其是維他命 C 含量十分高，有研究指出奇異果具有良好防癌作用。此湯有潤肺止咳、健脾開胃、清熱生津之效。適合肺陰虛，有乾咳、口乾、逐漸消瘦等症狀的肺癌病人食用。

貼士

奇異果切忌太早加進湯中，因長時間煲煮會讓維他命流失。

份量：2-3 人

時間：2 小時

Kiwifruit Soup

Ingredients

30 grams lily bulb
30 grams sweet and bitter apricot kernel
6 grams Chuan Bei
3-5 snow fungus
200 grams pig shank
4 kiwifruits

Method

1. Remove hard pedicles of snow fungus, soak till soften and cut into small pieces. Peel and cut kiwifruits into two halves. Blanch pig shank and cut into pieces.
2. Wash lily bulb, apricot kernel and Chuan Bei, soak for 15 minutes.
3. Add water and ingredients into the pot. When water boils put in the pig shank, reduce heat and cook for another 1 to 1.5 hours. Add kiwifruit in the last 15 minutes. Season with salt and serve.

Efficacy

Kiwifruit root is commonly used as an anti-cancer herb in Chinese medicine. Kiwifruit can relieve heat and thirst, invigorate stomach and relieve stranguria. It is rich in vitamins C. Studies have pointed out that kiwifruit has good anti-cancer effect. This recipe helps to moisten lung and relieve cough, invigorate spleen and promote appetite, clear away heat and promote salivation. It is suitable for people with Yin deficiency of lung, dry cough, dry mouth, gradually thin and other symptoms in lung cancer patients.

Tips

Do not cook kiwifruit for too long, or the vitamins will lose.

For 2-3 persons

Time: 2 hours