

## 鮮淮山鯽魚湯

### 材料

鮮淮山 300 克  
鯽魚（白鯽魚）1 條  
薑 3 片

### 做法

1. 淮山削去外皮，洗淨，切塊備用；
2. 鍋燒熱，加入適量油及生薑三片，鯽魚入鍋煎至兩面微黃；
3. 加入兩公升開水煮沸至魚湯變奶白色，放入鮮淮山再煮半小時，最後加適量鹽調味。

### 功效

淮山味甘、性平，具有補脾養胃、生津益肺、補腎澀精的功效。《本草綱目》有淮山可“治諸百病，療五勞七傷”之說，鮮淮山味道鮮甜，更易入口。鯽魚味甘性平、入脾、胃、大腸經，能利水消腫，益氣健脾，還可有助產婦催乳。古醫籍《本草經疏》中對鯽魚有極高評價：“諸魚中唯此可常食”。本食療有健脾補腎，益氣生津，利水消腫之效，老少鹹宜。

### 貼士

鯽魚需徹底去除內臟，尤其是肚內的黑膜。

份量：2-3 人

時間：1 小時

## **Chinese Yam Crucian Carp Soup**

### **Ingredients**

300grams fresh Chinese yam  
1 crucian carp  
3 sliced ginger

### **Method**

1. Peel fresh Chinese yam and wash thoroughly. Chop into small pieces.
2. Heat up a wok, add some oil and 3 slices of ginger. Fry the fish until both sides become golden-brown.
3. Add 2 liters of water and bring to a boil. When it shows a milky white color, add the yam pieces and continue to boil for 30 minutes. Season with salt and serve.

### **Efficacy**

Chinese Yam strengthens the digestive system, promotes fluid production and replenishes respiratory function, consolidates kidneys functions. In view of Chinese medicine, it has the property of sweet and neutral; enter meridians of kidney, lung and spleen. Crucian Carp has the effect of diuretic and alleviates edema, enhances Qi and strengthens digestive system. It has the property of sweet and neutral; enter meridians of spleen, stomach and large intestine.

### **Tips**

Cut the fish and be sure to remove the black membrane inside the cavity.

For 2-3 persons

Time : 1 hour