

木瓜雞腳湯

材料

木瓜 1 個
雞腳 6 隻
花生 40 克
雪耳 20 克
牛大力 20 克
生薑 3 片

做法

1. 木瓜去皮去籽，切塊備用；雞腳洗淨，水滾後加薑余水；
2. 藥材沖洗及浸潤約 15 分鐘（浸泡的水可用於煲藥材）；
3. 水滾後把所有材料放入煲約兩小時，加鹽調味即可。

功效

木瓜是常用食材，也是藥食兩用。其性味酸溫，有治療膝關節風濕痹痛、消食開胃、舒筋及幫助排便之效。中醫有「以形補形」之說，雞腳對下肢疾患筋軟痿弱，筋傷舊患有補益養筋作用。牛大力性味甘平，又名大力薯，有益筋強腳作用。此湯滋陰養筋，有助治療風濕日久之膝關節痛，小腿後方經常抽筋，老年人士小腿皮膚暗瘡乾燥，腸胃消化不良。

貼士

可用豬骨替代雞腳。

份量：3-4 人

時間：2.5 小時

Papaya with Chicken Feet Soup

Ingredients

1 papaya
6 chicken feet
40grams peanut
20grams snow fungus
20grams Niu Da Li
3 sliced ginger

Methods

1. Peel papaya and remove seeds, cut it into pieces. Blanch chicken feet with ginger.
2. Wash herbs and soak for 15 minutes.
3. Bring suitable amount of water to the boil. Put in all ingredients. Reduce to low heat and cook for 2 hours. Season with salt and serve.

Efficacy

Papaya is a common ingredient common for medical use. Papaya can be used in knee arthritis, indigestion and constipation etc. Chicken feet and Niu Da Li strengthen knee joints. It helps to relieve chronic knee arthritis, legs cramping, indigestion and is especially good for elderly who commonly suffer from these kind of diseases.

Tips

Pork bone can be used to replace chicken feet.

3-4 persons

Time : 2.5 hours