

RECIPES FOR NOURISHING LUNGS AND ELIMINATING COUGHS

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Pumpkin Soya Drink (2 servings)

Ingredients: pumpkin 150g, 2 eggs, soya milk 2. Seasoning: honey 1 table spoon.

Method:

1. Peel off pumpkin and remove seeds, then cut it into thin slices and steam until well cooked.
2. Use only the egg yolks to blend well with the prepared pumpkin and all the other ingredients/honey;
Then it is ready to serve.

Asparagus Tomato Drink (1 serving)

Ingredients: asparagus 300g, tomato ½, skim milk ½ cup, water ¼ cup.

Seasoning: honey 1 tea spoon

Method:

1. Clean asparagus and extract the juice.
2. Peel off tomato and cut into small pieces, then blend well with all the other ingredients.
3. Add honey to serve.

Coriander Ginger Drink (2 servings)

Ingredients: coriander 3 plants, ginger 2 slices, water 2 cups.

Seasoning: brown sugar 2 table spoon.

Method:

1. Clean and cut coriander.
2. Cut ginger into thin thread.
3. Cook 1 & 2 & sugar with the water until boil to serve.

Star Fruit Pineapple Drink (1 serving)

Ingredients: Chinese star fruit 250g, pineapple 100g.

Seasoning: rock sugar 1 tea spoon.

Method:

1. Clean star fruit and cut it into pieces. Peels off pineapple and cut it into pieces.
2. Put step 1 into blender to blend well, and then add sugar to serve.

Honey Ginger Tea (1 serving):

Ingredients: ginger 1 piece

Seasoning: honey 1 tea spoon

Method:

1. Clean, peel ginger and extract the juice. **FOR**
2. Add honey into ginger juice and stir well to serve.
3. Add some warm water to reduce the strong taste of ginger(optional).

Honey Garlic Tea (2 servings)

Ingredients: garlic 5 pieces, warm water ½ cup.

Seasoning: honey 1 tea spoon

Method:

1. Clean, peel garlic and smash them to get the juice.
2. Mix honey with garlic juice.
3. Add warm water to serve.

Sweet Potato Desert (2 servings)

Ingredients: sweet potato 120g, water 3 cups, dried white fungus 50g.

Seasoning: white sugar 2 tea spoon.

Method:

1. Clean, peel off sweet potato, and cut it into small pieces.
Clean and soak white fungus in water until soft, then cut them into small pieces.
2. Boil the water, and then put in sweet potato and fungus to cook until both turn soft.
3. Add sugar to serve.

Lotus Mung Bean Desert (2 servings)

Ingredients: fresh lotus root 75g, mung beans 100g, water 3 cups.

Seasoning: rock sugar 1 table spoon.

Method:

1. Clean and soak mung beans in water for 1 hour.
2. Clean, peel lotus root and cut into thin slices.
3. Cook step 1 and 2 with the water in a rice cooker or on the stove until well done.
4. Add rock sugar to serve.

Pear Lilly Bulb Desert (1 serving)

Ingredients: pear ½, dried Lilly bulbs 10g.

Seasoning: rock sugar ½ table spoon.

Method:

1. Wash dried Lilly bulbs. Peel off pear and cut into pieces.
2. Add sugar to step 1, and steam all ingredients for 2 hours, then serve.

Bitter Melon Soup (2 servings)

Ingredients: Bitter melon 150g, pork 100g, water 3 cups.

Seasoning: salt ½ tea spoon

Method:

1. Clean bitter melon, remove seeds and cut into pieces.
2. Clean pork and cut into small pieces.
3. After boil the water, put in the bitter melon to cook with medium flame for 15 minutes.
4. Put in the pork to cook with step 3.
5. When pork is well done, add salt to serve.

Sweet Potato Rice (2 servings)

Ingredients: sweet potato 80g, brown rice 100g, water 2 cups.

Method:

1. Clean, peel off sweet potato, and cut it into small pieces.
2. Wash brown rice few times and soak it in the 2 cups of water for 20 minutes.
3. Put everything in the rice cooker to cook, and let cooked combination of rice to stew for another 15 minutes before serving.

Mango Chicken (2 servings)

Ingredients: chicken breast 75g, mango 100g, green pepper 30g, red pepper 30g.

Seasoning: cooking oil 1 tea spoon, Chinese cooking rice wine 1 tea spoon, salt ¼ tea spoon, sesame oil ¼ tea spoon.

Method:

1. Mango peeled and cut into thick strips. Green and red peppers remove seeds and cut into thin strips. Chicken breast cut into thick strips and cook in boiling water briefly.
2. Heats up oil in the wok/pot, stir-fry all ingredients in step 1 until it smells good.
3. Add rest of the seasoning to stir-fry briefly, and then serve.