

莫文蔚

Healthy Soups to My Beloved Karen

至爱家传汤饮



莫爸爸 撰

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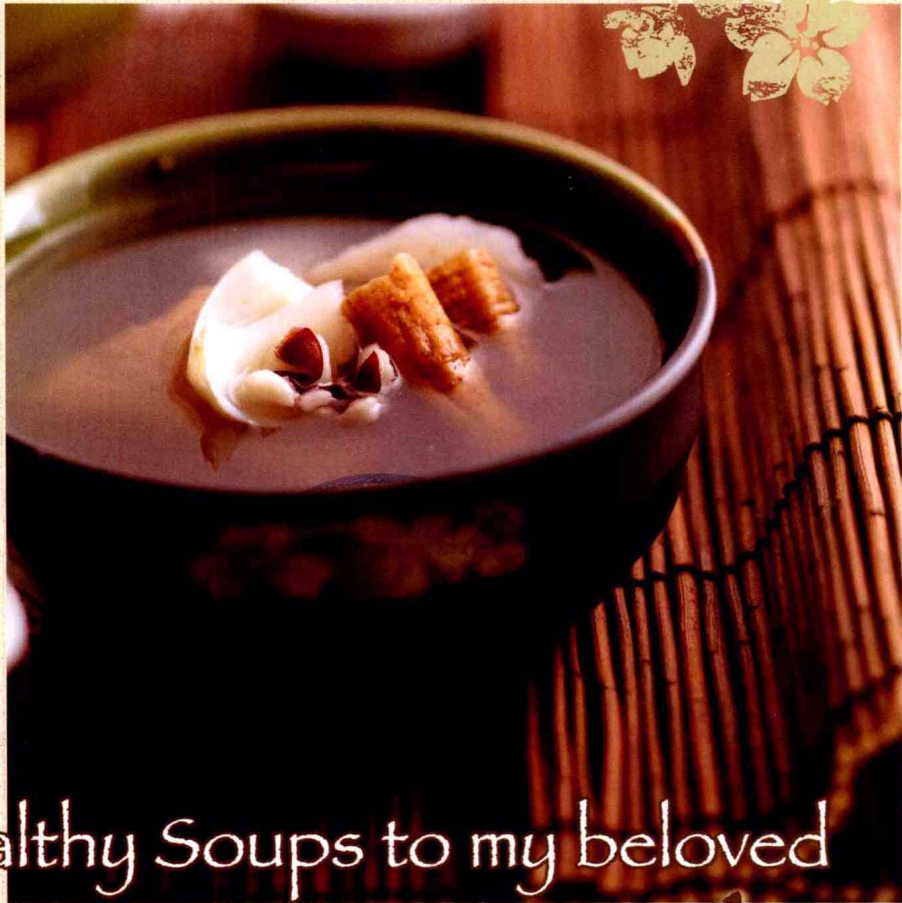
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Healthy Soups to my beloved

Karen



引言

我母系的先祖罗桂乃宋帝昺的御林军士，帝昺遭元兵追捕至新会崖门，宰相陆秀夫背负帝昺投海而亡；幸免于难的罗桂隐居于新会丹灶，娶妻生五男二女，繁衍出今日的广东罗氏望族。根据记载：罗桂乃道教全真派长春真人丘处机传人李志常的弟子，世代真传至我家时，还保存不少黄老秘学和养生之术。

先母莫罗惠德亲授的养生汤饮食谱中，不少用料是草木药材；但汤饮不同药方，有病还须就医。我不是医生，只深明预防胜于治疗的道理，健康的食物即具有预防疾病的功能。我家汤饮食谱以易经五行为纲，再根据神农本草经的理论编写而成，对防病和健美，效果显著。小女莫文蔚入行十多年，从未请过一天病假，我家其他成员尽管工作繁重，男的仍能精力充沛，女的仍能明艳照人，家传的养生健美汤饮应记首功。

莫爸爸

Foreword

Law Kwai, an Imperial Guardsman of the last boy-Emperor of the Song Dynasty (960-1279A.D.) was my maternal grandfather's ancestor. As part of the boy-Emperor's retinue fleeing the invading Mongols, Law took refuge in Xinhui, until the Mongol soldiers finally cornered them, Prime minister Lu Sufu carried the boy-Emperor on his back and leapt to their deaths off a cliff into the sea, rather than face capture.

Law Kwai was one of the few who escaped, settling down quietly in Xinhui, took a wife and started a family with five sons and two daughters, and who eventually became the ancestors of the Law clan in Guangdong. According to history, Law was a student of Li Zhichang, a disciple of the famous Taoist master Qiu Chuji.

Since my maternal grandfather Law King-tong was a direct descendant of Law Kwai, numerous secret Taoist scripts of the supernatural, for maintaining a healthy life, are still preserved in my family's collection.

Many ingredients in the soup recipes handed down in my family consist of medicinal herbs, but the fact remains that the recipes are simply for soups and are not medical concoctions. I must stress that if unwell, one must consult a physician. I firmly believe in "Prevention Is Better Than Cure".

Our family soup-recipes are derived from the teachings of I-Ching and the Chan-Nung Herbal Collections. The recipes contained therein are healthy and nutritious soups and regular consumption of the same is sure to enhance good health. What better proof than to see the extraordinary good health that my daughter Karen Mok and my other family members are enjoying.

Daddy Mok

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润肺防咳篇

Nourishing the Lungs and preventing coughs

天气时寒时热、或经常出入冷气间的朋友，若身体的抵抗力稍有不济，很容易患上伤风感冒。正所谓预防胜于治疗，在这章节介绍的汤饮具有清热、润肺、化痰或止咳的功效，喝后令身体强壮些，病菌自然会无法肆虐。现在让我们认识一下在这章里常用的汤料吧！

When the weather fluctuates between hot and cold, or when one is subject to extreme temperatures coming in and out of air-conditioned places, it is easy to catch a cold or influenza, especially if the immune system is not at its peak.

As prevention is always better than cure, the soup recipes included in this chapter strengthen the body to overcome germs by clearing Heat, nourishing the Lungs, expelling phlegm and stopping coughs. Many commonly used herbs and ingredients are included in this chapter.

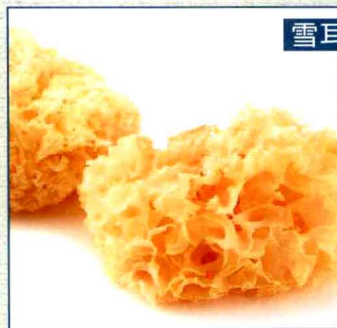
枇杷果核 Loquat seeds



枇杷果核味苦，性平，有除痰止咳的功效。一般的药材铺较少售卖，自制的朋友，可从鲜枇杷果取出果核，洗净，晒干，用密封瓶储存，用时取出。

They taste bitter and are neutral in nature. They are commonly used to expel phlegm and stop coughs. Most Chinese herbal stores do not carry loquat seeds. So, it is best to eat the fruit and save the seeds. Rinse them well and dry them under the sun. Store in an airtight container for later use.

雪耳 White fungus



雪耳味甘淡，性平，有养阴生津、润肺健脾的功效，是优质的滋补品。而且它含有丰富的胶质，长期食用有养颜之效。但凡患感冒或发烧者，暂时不要食雪耳。

White fungus is lightly sweet in taste and neutral in nature. It is a quality tonic that nourishes the Yin, stimulates body fluid secretion, nourishes the Lungs and benefits the Spleen. Besides, it has a rich, gelatinous substance that improves skin-texture when consumed regularly. However, those suffering from influenza or fever should avoid eating white fungus.

川贝 Chuan Bei



川贝味苦甘，性微寒，有清热化痰、润肺止咳的功效。

It tastes bittersweet and is mildly Cold in nature. It clears Heat, expels phlegm, nourishes the Lungs and stops coughs.



罗汉果 Luo Han Guo

罗汉果味甘，性凉，有清热化痰、润肺的功效，适用于喉咙干、喉痛声沙、痰多热气等病症，用罗汉果煲汤或煲水代茶饮用，可起舒缓作用。是优质保健养生食品。

It tastes sweet and is Cool in nature. It clears Heat, expels phlegm and nourishes the Lungs. It is commonly prescribed to cure dry and sore throat or a hoarse voice, as well as excessive phlegm and Heat accumulated in the body. Luo Han Guo is either used in soups or brewed into a tea for its soothing action. It is truly a healthy food for wellbeing.



甘草 Liquorice

甘草味甘，性平。有补脾益气、润肺、解毒、调和百药之效。在这书中，用了甘草和炙甘草二种。炙甘草是甘草加上蜂蜜炒制而成，可补元气、散邪寒。

It tastes sweet and is neutral in nature. It tones the Spleen, strengthens the Qi (vital energy), nourishes the Lungs, detoxifies, regulates and harmonizes the potency of various herbs in a prescription. In this book, both raw liquorice and burnt liquorice are used. Burnt liquorice is raw liquorice that has been fried in honey. It strengthens the central Qi and dissipates Cold.



陈皮 Dried tangerine peel

陈皮味辛苦，性温。有行气健脾、燥湿化痰的功效。除煲汤外，家庭主妇也用来煮饊，因它有辟腥提香气的作用。陈皮以广东新会出产的质素最佳。

It tastes peppery-bitter and is warm in nature. It promotes Qi flow, benefits the Spleen, expels Dampness and dissipates phlegm. Besides being used in soups, it is also commonly used in Chinese cooking. Traditionally, housewives put dried tangerine peel in dishes to remove the fishy or gamey taste of certain ingredients and to add a citrus aroma. Dried tangerine peel from Xinhui District, Guangdong province is considered the best quality.



百合 Lily bulb

百合味甘，性平，有润肺止咳、清心安神的功效。

It tastes sweet and is neutral in nature. It nourishes the Lungs, stops coughs, clears the Heart meridian and calms the nerves.

罗汉果雪耳猪腱汤 【清热止咳】



养生心得

大热天时出入冷气场所，一冷一热，喉咙气管容易感到不适，煲汤时加入罗汉果，能有效止咳化痰，清热祛湿。

Tips on wellbeing and health

In summer, walking in and out of air-conditioned places puts your body through hot and cold in drastic ways. Your throat or trachea is likely to feel uncomfortable. Adding Luo Han Guo to soups effectively stops coughs, expels phlegm, clears Heat and dissipates Dampness.

材料 Ingredients

猪腱	1 斤
罗汉果	半个
雪耳	1 两
南、北杏	共半两
陈皮	1 大片
清水	适量
盐（后下）	适量
600 g pork shin	
1/2 Luo Han Guo	
38 g white fungus	
19 g sweet and bitter almonds	
1 large piece dried tangerine peel	
water	
salt (added last)	

做法 Method

1. 猪腱飞水去除腥味，切块；陈皮浸软，刮去果瓢；雪耳用温水浸泡半小时；罗汉果去壳；其他材料稍冲洗一下。
2. 煮滚清水，放入所有材料，大火滚 20 分钟，再以小火熬汤 2 小时，下盐调味享用。
1. Blanch the pork shin in boiling water to remove the musky taste. Cut into pieces and set aside. Soak the dried tangerine peel in warm water until soft. Scrape off the pith. Soak the white fungus in warm water for 30 minutes. Shell the Luo Han Guo and rinse all remaining ingredients.
2. Boil the water. Put in all ingredients. Boil over high heat for 20 minutes. Turn to low heat and simmer for 2 hours. Season with salt. Serve.



*Pork shin soup with Luo Han Guo and
white fungus*

~clearing Heat and stopping coughs



马蹄枇杷果核雪耳汤

【预防伤风】

*Pork shin soup with water chestnuts,
loquat seeds and white fungus*
~preventing cold and flu



材料 Ingredients

猪腱	1 斤
甘笋	半斤
马蹄	4 两
雪耳 (浸软)	1 两
南北杏	半两
川贝	半钱
枇杷果或无花果	5 粒
甘草、陈皮	各 1 片
清水	适量
盐 (后下)	适量

600 g pork shin
300 g carrot
150 g water chestnuts
38 g white fungus
(soak in water until soft)
19 g sweet and bitter almonds
2 g Chuan Bei
5 loquats (or 5 dried figs)
1 piece liquorice
1 piece dried tangerine peel
water
salt (added last)

做法 Method

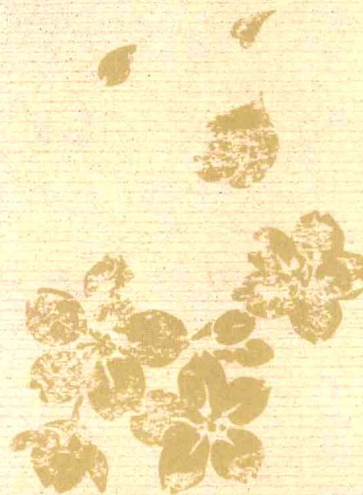
1. 猪腱飞水去除血腥，切块；陈皮浸软，刮去果瓢；洗净枇杷果，取出核 10 粒，再以刀柄拍裂果核。
 2. 煮沸清水后放入所有材料，大火滚 20 分钟，再以小火熬汤 2 小时，下盐调味享用。
1. Blanch the pork shin in boiling water to remove the musky taste. Cut into pieces. Soak the dried tangerine peel in water until soft. Scrape off the pith. Take 10 seeds out of the loquats. Crack them with the handle of a knife.
 2. Boil the water. Put in all ingredients. Boil over high heat for 20 minutes. Turn to low heat and simmer for 2 hours. Season with salt. Serve.

养生心得

暮春初夏，时寒时暖，伤风咳嗽肆虐，预防胜于治疗。此汤饮对肺、肝、肾等有明显滋补功效。

Tips on wellbeing and health

In between the spring and summer seasons, the weather changes in unexpected ways. It's warm one moment, but chilly the next. Common colds and coughs are rampant and prevention is always better than cure. Here is a soup that effectively nourishes the Lungs, Liver and Kidneys, boosting your immunity against colds.



枇杷果核板蓝根汤

【预防流感】

养生心得

此汤饮对预防各种流行性感冒有显著功效，“非典”期间，我和家人每星期都饮一两次以增强抵抗力。此外，每天外出时，口含一片甘草，亦有助预防流感。

Tips on wellbeing and health

This is a soup that helps prevent all kinds of influenza. When the plague SARS hit Hong Kong, my family and I took this soup twice a week to strengthen our immune response. Here's another useful tip to prevent influenza: put a slice of liquorice in your mouth and suck on it when you go out.

材料 Ingredients

枇杷果核 (新鲜或晒干的均可)	6 粒
芦根、葛根、桑枝	各 4 钱
岗梅根、板蓝根、知母、银花	各 3 钱
银翘、玄参、连翘、浙贝母	各 2 钱
糖冬瓜	3 大片
生甘草	1 钱
皮蛋	1 个
薄荷(后下)	少许
清水	4 碗

6 loquat seeds (fresh or dried)

15 g Lu Gen

15 g kudzu root

15 g mulberry branch

12 g Gan Mei Gen

12 g Ban Lan Gen

12 g Zhi Mu

12 g Yin Hua

8 g Yin Qiao

8 g Xuan Shen

8 g Lian Qiao

8 g Zhe Bei Mu

3 large pieces candied wintermelon

4 g raw liquorice

1 thousand-year egg

dried mint (added at last)

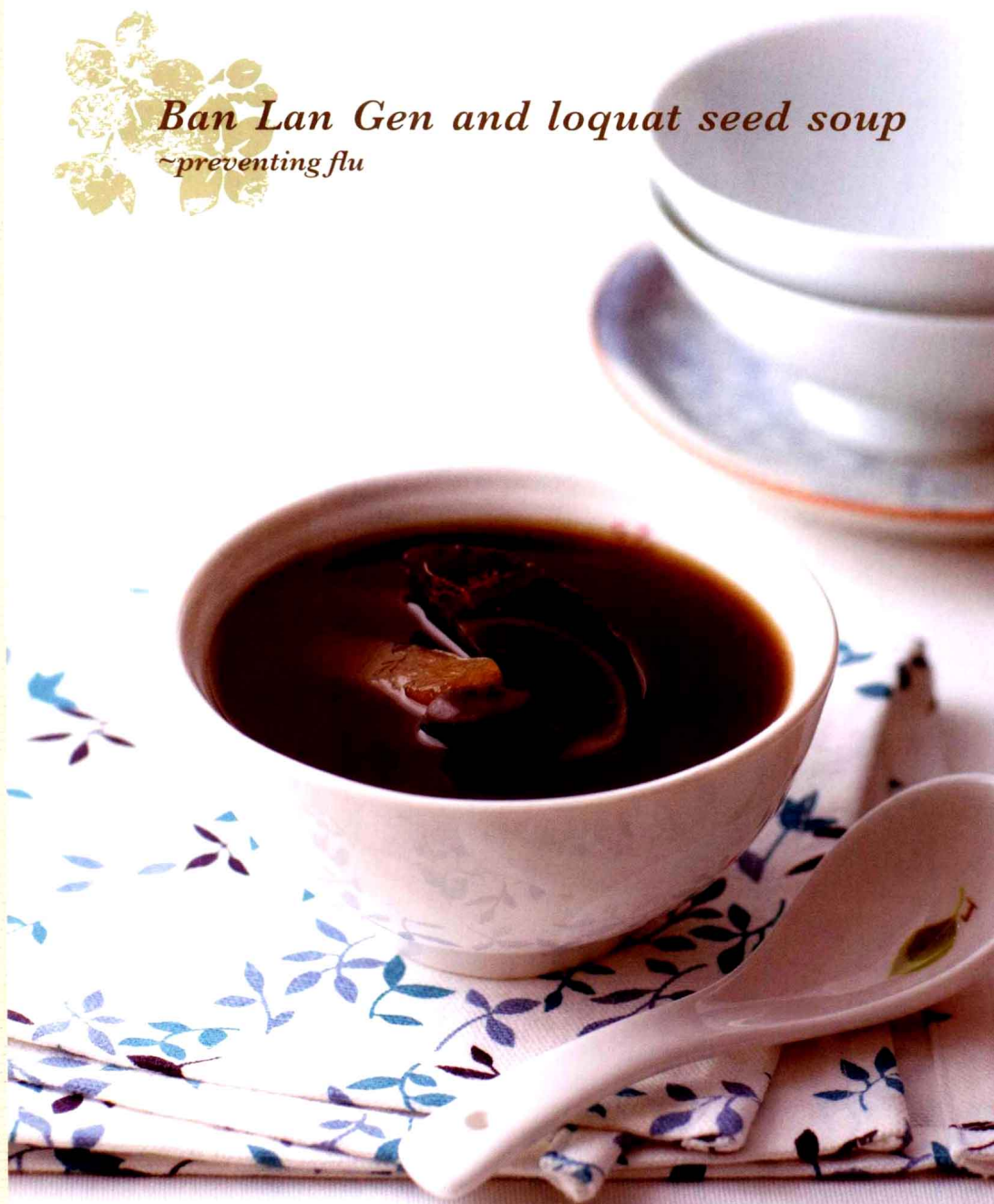
4 bowls of water

做法 Method

1. 冲洗所有材料，糖冬瓜及薄荷除外；拍裂枇杷果核。
 2. 煮沸清水后放入所有材料（薄荷除外），煎至一大碗后放入薄荷，温服。
1. Rinse all ingredients (except candied wintermelon and dried mint). Crack the loquat seeds.
 2. Boil the water. Put in all ingredients (except the dried mint). Boil until the soup is reduced to a quarter of its original volume. Turn off the heat. Put in the dried mint. Serve warm.



Ban Lan Gen and loquat seed soup
~preventing flu



罗汉果青红萝卜瘦肉汤

【除痰止咳】

*Lean pork soup with Luo Han Guo,
green radish and carrot*
~expelling phlegm and stopping coughs



养生心得

此汤有助清除燥热，更能滋补肺腑和除痰止咳。

Tips on wellbeing and health

This soup clears Dry-Heat, nourishes the Lungs, expels phlegm and stops coughs.

材料 Ingredients

瘦肉	1 斤
青红萝卜	各半斤
野生罗汉果	半个
南、北杏	共 4 钱
姜	2 片
清水	适量
盐（后下）	适量

600 g lean pork
300 g green radish
300 g carrot
1/2 wild Luo Han Guo
15 g sweet and bitter almonds
2 sliced ginger
water
salt (added last)

做法 Method

1. 洗净所有材料，瘦肉飞水除腥，切块。
2. 水滚后放入材料，大火煲 20 分钟，再以小火熬 2 小时，下盐调味即可饮用。
1. Rinse all ingredients. Blanch the pork in boiling water to remove the musky taste. Cut into pieces.
3. Boil the water. Put in all ingredients. Boil over high heat for 20 minutes. Turn to low heat and simmer for 2 hours. Season with salt and serve.

注：

- 野生的罗汉果难求，它的功效更与人工培植的有天渊之别；野生的气味芬芳扑鼻历久不散，非一般人工培植的可以媲美，买真货要到广西南宁的玉林。

Note:

- Wild Luo Han Guo is very rare and its medicinal value is way superior to the artificially grown ones. Wild Luo Han Guo is found in the city of Yulin in Nanning county, Guangxi; and its fragrance lasts for a long time.