

给 莫 文蔚 的 健美汤饮

莫爸爸
著

Nutritious Soups for My Dearest Karen

from Daddy Mok

 中国轻工业出版社





汤水，可以说是莫家的健康之源。

“冬虫夏草汤滋补、田七鸡汤助长发育、石斛补肺……”从莫爸爸娓娓道来的各种补健养生心得来看，便知他对汤水甚有研究，亦很爱煮汤与家人共享。难怪女儿莫文蔚是最忠实的支持者，无论是快煮或慢熬的汤水，只要是爸爸煮的，都喝得一干二净。虽然只是一碗家常汤水，但不知不觉间，成为莫家两代维系感情的途径，双方的关心与信任，一切就像老火汤般，熬至炉火纯青，百味在心。

Soups can be regarded as the source of health for the Mok family.

"Cordyceps soup is nourishing, Tian Qi and chicken soup enhance the development of the Body, while dendrobium supplements the Lungs..." Daddy Mok gives various tips to stay healthy and live longer. He is an expert in soups and shares his love with his family through these meticulously-made tasty soups. No wonder_his most loyal fan is his daughter, the renowned actress/singer Karen Mok. Whether quick-boiled or long-stewed soup, she would finish the last drop as long as it's made by Daddy Mok. With just a simple home-made soup, two generations of the Mok family are firmly tied. Their concern for one another and the trust amongst them are like the nutritious soups that take much time to prepare but give us such great health.

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Nutritious Soups for My Dearest Karen

from Daddy Mok

 中国轻工业出版社

(一) 来自国宝级方术大师玄鹤子朱鹤亭真人荐文

Endorsement by Zhu He Ting Zhen Ren (The highest honour bestowed upon a Taoist mortal)

摯友莫天賜不僅對道
家學說有獨特的見解
，對道家養生健美湯
飲亦頗有研究。
其女兒莫文蔚和夫人
莫何敏儀乃健康美人
之表表者耶。

朱鶴亭
玄鶴子



題於

京華

甲申年仲秋月



My close friend Mok Tin Chi, not only has a profound knowledge of the Taoist, but also has a good understanding of the Taoist life - nourishing soup recipes.

Regular in-take of these nutritious soups have resulted in making his famous daughter and wife shining examples of beauty and health.

— by Zhu He Ting, Mid-Autumn, 2004

(二) 来自中国茶艺专家刘心灵女士荐文

Endorsement by Ms. Liu Xin Ling (expert on the art of Chinese tea ceremony)

人间有灵。

因为人间有爱，所以人间有灵。

莫老天赐先生，是我十分尊敬的香港易学家，深得华夏文脉的真髓，我更常向朋友们夸耀与莫老的忘年之交。今莫老托本书以寄爱心于中国黑熊之举，更令我心生敬畏，而这份爱心为莫老的“天赐”之灵找到了注脚！

本书所集皆莫老家传及家承汤饮，渊源深厚，更满载爱心，大概正是因为有了这份浓浓汤水的浸润，莫老才培养出了莫文蔚这样有爱有灵的女儿吧！我很期待本书能早日付梓，我也好在自家的“心灵茶园”里，掬一汪山泉，煲出莫老的家传妙汤，相约莫老一家在山边共饮共乐啊！

人类一向号称是万物之灵，但若失去了对自然界其它生灵的关爱，则人类之灵危亦？！愿莫老的这本书和浓浓的爱心，能唤醒吾辈世人，爱护野生动物和我们这美丽的地球。

人间需要有灵，但更需要有爱。



珠海心灵茶园园主

刘心灵



I believe there is a collective soul among all human beings.

This is because wherever there is love, there is a collective conscience.

Mr. Mok is a Hong Kong Taoist whom I greatly respect. He understands the various aspects of Chinese culture and I always proudly brag about our friendship which crosses all age barriers. His love for the Chinese Moon-Bear is honorable and this love is exactly what our collective conscience reveals.

This book is a collection of family soup recipes passed down many generations of the Moks. Besides long-proven effective remedies, they are also the embodiment of love. Perhaps it is exactly these nourishing soups that brought up a caring, lovely girl like Karen! I am so thrilled to see the recipes in print so that I can try out all those soups using the natural mineral-water in my "Xin Ling Tea Garden." Of course, it would be wonderful to have the Mok family here sipping the tasty soups with me by the mountain side.

Human beings claim to be the lord of all creations. But it would be very dangerous if they don't love or care for Nature. I earnestly wish this book can provoke our love for wild animals and for our beautiful earth.

People need to have a conscience, but they need to show their love even more.

— by Liu Xin Ling,
The owner of Xin Ling Tea Garden, Zhuhai,
Guangdong



梁挺教授与乐亭堡伯爵。

Profession Leung Ting & The Count of Rathenburg.



The Count of Rathenburg of Imperial Count of Bruehl

It is indeed my pleasure to endorse this book of nutritious soups, many of which contain traditional Chinese herbs beneficial to all ages.

My better half and I have followed the recipes presented to me by my Si-Fu, Professor Leung Ting, the Great Grandmaster of the International WingTsun Association, and find these soups not only delicious but also helpful in improving one's general health and well being.

Dr R. Imperial Count of Bruehl and Lord of Winsley,
Senator and Professor of Plovdiv State University,
10th Level WingTsun Chief Instructor of the EWTO,
Landenzell Castle,
Germany



(三) 来自乐亭堡伯爵荐文

本人十分荣幸能为这本营养汤谱题辞。书中包含了很多老少咸宜的传统中国汤饮。

本人和内子依照我师傅——国际咏春总会宗师梁挺教授，所给的汤谱来熬煮汤饮，发现这些汤不但美味，而且有益健康。

乐亭堡伯爵签署

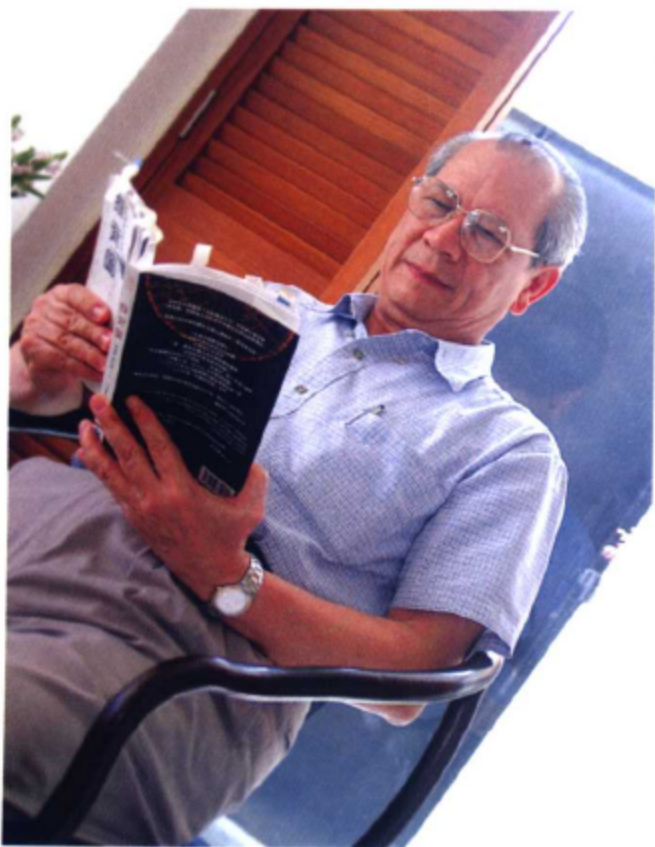
前言

我不是医生，这一点我必须声明，有病须看医生，但是我亦深明预防胜于治疗之道。人生在世，首重健康，就算你腰缠万贯，若无健康，也是不能享受人生的。中国草本药材，既是食物，亦可入药作治疗病痛用途。我家传汤饮用料中，不少是草本药材，但汤饮还是汤饮，并非药方，我要再次声明的是有病必须看医生。这里的汤谱全属健康有益的饮料，我家世代相传，常饮有益，我家属各人乃最好的证明。

余自少好易，旁及道家方术，即医、卜、星、相等秘学。家传藏书中，除预言秘本之外，更有不少养生健康汤饮食谱(注)。

远于莫文蔚未成名前，已经有不少亲朋戚友慕名向我家索取汤谱；今天莫文蔚誉满艺坛，她的健康美丽的身材更是万千女士们梦寐以求的。由于有太多人士向我们取经，我内子和我经详细考虑后，决定将家传汤谱公开，一则可以惠及有缘人，二则可以赚钱行善，不亦乐乎？

小女莫文蔚虽然天天工作不停，却一直能够保持明艳照人的仪容和健康的体魄，家传的汤饮应记首功。



莫天賜

谨白

2004年10月30日

注：先外祖父罗公敬堂乃广东罗氏罗桂第二十七代传人。罗桂乃宋朝末代帝昀、帝昺的御林军士，后随帝昺逃避元兵至九龙浅湾（荃湾的原名）等地，最后更被元兵追杀到新会崖门，陆秀夫背帝昺投海而亡。罗桂幸免于难，隐姓埋名，娶妻生子，后此繁衍出今天的广东罗氏望族。查罗桂乃道教全真派长春真人丘处机的弟子李志常之俗家得意徒弟，经过历代相传，至我家时还保存不少道家秘学和养生之术。

Foreword

Not being a physician myself, one thing I cannot stress too strongly is that if you are sick, it is essential that you go see a doctor. Nevertheless, I also firmly appreciate that prevention is more important than the cure. In life, nothing is more vital than health, for however many millions you are worth, all that wealth is useless if you do not enjoy good health.

Traditional Chinese herbs are used both as food as well as in the treatment of illnesses. Although many of the ingredients in the soup recipes handed down in my family consist of medicinal herbs, the fact still remains that the recipes are simply for soups and not medical concoctions, and I must reiterate that if you suffer from any disease, you must consult a doctor about it. The recipes contained herein are all healthy, nutritious soups, but make no claim to being anything more than that. Handed down in my family from generation to generation, there is no better proof of the beneficial effects their constant consumption confers than in the extraordinarily good health my family members all enjoy.

From an early age, I have been a devotee of the I Ching, the ancient mystic Chinese text "The Book of Changes". My profound interest in the field has led me to delve into the related Taoist areas such as Chinese medicine, divination, astrology, and fortune-telling. In my family's collection of books, there are not only many works on prophecies and other such arcane, but also numerous culinary collections of recipes for a healthy life. (footnote)

Well before my daughter Karen Mok found fame and success, many friends and relatives had often asked me to share some of my family's secret soup recipes with them. Now that Karen has achieved a certain measure of standing in her chosen field, her beautiful, healthy figure has become the envy of millions of women. The number of people who ask me for recipes are now far too many than I can reply to on an individual basis. After discussing the matter with my wife, I have decided to make public once and for all my hitherto secret family soup recipes, not only to satisfy everyone who is interested, but also for the meaningful purpose of raising money for a charitable cause.



Although my daughter Karen has a punishing working schedule, she has always been able to maintain her glowing good looks and healthy figure, and we like to think that our family soup recipes have played an important part in that.

Footnote: My late maternal grandfather Law King-Tang of Guangdong province was a 27th-generation descendant of Law Kwai, or Luo Gui in the *pinyin* transliteration system. Luo Gui was an Imperial Guardsman of the emperor of the Song dynasty (960-1279). As part of the boy emperor's retinue fleeing the invading Mongols in the 13th century, Luo took refuge with the emperor in what is now Tsuen Wan and various parts of what later became Hong Kong, until the pursuing Mongols finally caught up with them in Xinhui country in Guangdong. Prime Minister Lu Su-fu carried the boy emperor on his back and leapt to their deaths off a cliff into the sea, rather than face capture; Luo Gui, however, was one of the few who managed to escape with his life. Settling down to an anonymous life in the area, he took a wife and started a family, and eventually became the ancestor of the prominent Law clan of Guangdong province. History also records that Luo Gui was a secular follower of Li Zhichang, a disciple of the famous Taoist master Qiu Chuji of the late Song and Yuan (1271 - 1368) dynasties. Notwithstanding the passage of so many generations, numerous Taoist works of the supernatural, to maintaining a healthy life are still preserved in my family's collection.

Translated into English by
Dr. Trevor Morris
MA LLM PhD (Cantab)

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这是莫爸爸世代家传的汤水。

This traditional soup from Daddy Mok.



这是莫文蔚儿时常喝的汤水。

Little Karen always serve this soup.



这是莫文蔚最爱喝的汤水。

This is Karen's flavour soup.

注：以上在内文出现的雕刻印章图案，是莫爸爸精心挑选，为保留原本精髓，故不作繁简版差异之改动。

Note: The sculpture chops shown on content pages are carefully picked by Daddy Mok himself. To keep the original quintessence, no changes will be made between the traditional and simplified Chinese versions of this book.

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The Soup and My Family



一碗好汤的诞生

The Birth of the Perfect Soup

别以为只要把全部汤料丢进汤锅里，开火，经过一轮快滚慢熬，便可熬出一碗令人拍案叫绝的好汤。因为从准备材料、熬汤的火候到调味都会影响汤水的味道，所以请你在熬汤前，清楚以下的熬汤小窍门，将保证你能熬出一碗令家人难忘的爱心汤水。

Put all ingredients into a soup pot; boil and then simmer for hours - the art of making good soup is not just that. In fact, ingredient preparation, heat control and seasoning are indispensable to a perfect pot of soup. Here are some tips for a bowl of soup that impresses and warms your family's hearts.



熬汤前

Before cooking

1 怎样处理汤料？

How should I handle the ingredients?

那要视乎汤料而定。一般蔬果类的只要洗净或去皮切块便可。如果是冬菇、白菜干、粉丝等，要先用水浸软洗净，而冬菇更要切去蒂部，否则汤水可能会有沙粒。

It depends. Most vegetables and fruits just need to be rinsed, peeled and cut into pieces. For dried black mushrooms, dried vegetables and mung bean vermicelli, they need to be soaked in water until soft. Remove the stems of dried black mushrooms as they might make the soup gritty.

2 怎样清洗西洋菜？

How do we wash watercress?

因西洋菜长在水田里，可能附有水蛭，所以熬汤前将菜浸泡在淡盐水中（约1~2汤匙盐），浸约15分钟，待水蛭脱离菜茎，浮在水面上后，再用大量清水冲洗。

As watercress grows in paddy fields, it may have leeches attached on it. Before using, soak watercress in lightly salted water (about 1-2 tbsps salt) for 15 minutes first. The leeches would detach from leaves and stalks of the watercress and float on water. Then rinse with a lot of water.



3 若熬煮鱼汤或鸡汤，则要怎样准备？

What are the preparations for making fish or chicken soups?

想去除鱼的腥味，只需把鲜鱼的鱼鳞及内脏去掉后，放油锅内用姜把鱼略煎便可。此外，将鱼放入纱布袋再拿去熬汤，除可令汤质更细致，亦可避免小孩及老人哽到鱼骨。

如果不想让鸡汤太多油，要将鸡连皮一起熬煮，此举不会令鸡排出大量油分。选用乌鸡、嫩土鸡（从未生蛋的母鸡）会较佳，因其皮下脂肪较少。

To minimize the fishy taste, scale the fish and discard entrails first. Then heat some oil in a wok and fry a slice of ginger briefly. Finally put the fish in and fry briefly on both sides before putting it into the pot. Also, putting the fish into a cloth fish bag not only makes the soup smoother, but also prevents kids or the aged from choking on fish bones.

Many people think chicken soup is too greasy. You can put the chicken with its skin intact into the soup. The skin helps keeping the oil in the chicken so that the soup would not be too oily. It is better to use young hens of Silky Black and Free-range species since they have less fat under the skin.



4 猪的哪个部位宜用来熬汤？

Which part of pork is best for making soups?

想让汤带肉味但又怕油腻者，应选用瘦肉。如爱吃汤料者可用猪腱，就算熬煮后其肉质仍能保持嫩滑。如想有肉骨香味，应选用肋排骨。不过所有猪肉应先汆烫，才用来熬汤。

For those just want to have a taste of meat in the soup but without the greasiness, choose lean pork. For those want to serve the meat along with the soup, choose the shin of pork since they remain tender even after being cooked for a long time. For those want a rich meat taste, choose spareribs. All pork does need to be scalded before making soups.

5 红枣煮汤是否需要去核？

Do red dates need to be stoned before used in soups?

红枣具补血强身功效，熬汤前去核，避免令汤水带燥热。

Red dates promote blood cell formation and strengthen the body. Stoning them helps reduce the Dryness and Heat in the soups.



熬汤 时

In the cooking process

1 何时将汤料放入锅内最适宜？

When do we put in the soup ingredients?

最宜待水煮沸后才把汤料放入，因材料会随着汤水沸腾而不停泡动，故此不会黏着锅底。至于肉类更要在水煮沸时再加入，否则肉质会变粗糙。陈皮或姜片则要冷水下锅，这样香味才会散发出来，更令汤质不会带燥。

Put in ingredients after the water is boiled. As ingredients would move continuously along with water, they would not stick to the bottom of the soup pot. Put in meat only when the water is boiled, otherwise the meat would lose its texture. But put in dried tangerine peel and sliced ginger before you turn on the stove because it helps the fragrance and flavour to infuse in the soup. It is also believed that this prevents the soup from being too Dry (from Chinese medical point of view).



2 选用哪种汤锅熬汤效果最好？

What kind of soup pots is the best?

中国人常以瓦煲来熬汤，因其适合长时间慢火烹煮，故熬煮老火汤或药材汤水最佳。至于现代家庭常用的不锈钢锅，因烹煮出来的味道不及瓦煲，多作滚汤之用。此外，真空锅最适合年青夫妇使用，只要将内锅的汤料煮沸，再放入外锅内，依靠已煮沸汤料的热力烹煮即可，下班回家后，只要把汤再煮沸，即可饮用，而且能保持汤水的原味。

Chinese always use clay pots for making soups as they are best for cooking food over low heat for a long time. That's why clay pots are always used for long-boiled soups and herbal soups. The stainless steel pots used in modern kitchen are good for quick-boiled soups only because the soup would not as flavorful as those made with a clay pot. Besides, vacuum pots are young couples-favourite. Put all the ingredients in the inner pot and bring to the boil. Put it back into the outer pot and the soup will be cooked by the heat of the boiled soup ingredients. When you come back home from work, all you need to do is boil it once again and serve. It's easy and you don't need to stand by the stoves for hours. The soup just tastes as good as any long-boiled soup made the conventional way.



3 熬汤时可否中途加水？

Can we add water in the process of cooking?

最好不要。因为熬汤时加入冷水，会令煮热的肉类遇冷收缩，令肉质内的蛋白质不易溶解。至于熬鱼汤途中再加入冷水，会冲淡鱼汤的原味。

You'd better not. Cold water would make hot meat contract and the proteins in meat would be difficult to dissolve. For fish soups, the cold water added would dilute the original flavour of the soup.

4 熬煮老火汤用大火还是小火？

Should we use high heat or low heat when making long-boiled soups?

老火汤最好先用大火煮沸半小时后，再改用小火熬煮，材料愈多，熬煮的时间愈长。如不想汤水太混浊，可用中火煮沸，再改用小火去熬煮。

Use high heat to bring to the boil for half an hour and then simmer over low heat. More ingredients require more time for simmering. If you want clear soup like consommé, bring to the boil over medium heat and then simmer over low heat.

5 什么时候下盐调味？

When do we add salt?

当汤熬成前再下盐，以免与肉类蛋白质凝固，影响味道。

Add salt after the soup is done. This avoids the proteins in meat from solidification and thus, ensures the flavour intact.



熬汤后

After cooking

1 饭前还是饭后喝汤最佳？

Is it better to have soups before or after meals?

一般正常人餐前餐后喝汤都没问题。但胃病患者、增肥中的小朋友则不要饭前喝汤，因会冲淡胃酸，降低消化能力，喝后更令胃部有胀满感，影响食欲，妨碍吸收食物的营养。至于减肥人士则餐前喝汤为佳，因有饱肚感令人不会吃得过量。

It does not matter for normal people. But for those suffering from stomachache and the kids trying to gain weight, do not have soups before meal. This would dilute the acid in the stomach and reduce digestion ability. A bowl of soup before meal would also make them feel full, which worsens appetite and food absorption. For those on diet, having soups before meal can make you eat less.

2 汤水是否烫热才好喝呢？

Do hotter soups taste better?

虽然喝热汤很美味，但温热已经足够，对于老人家及小朋友更不宜喝太热的汤水，否则容易烫伤舌头及食道。

Although hot soups taste excellent, warm soups are good enough. The elderly and kids should not be served with super hot soups since it burns the tongue and oesophagus easily.



3 如何储存汤水？

How do we store soups?

如家人工作不定时，未必按时回家喝汤，你可先捞出汤料，把汤放进保温瓶里，或是待汤凉后才放入冰箱中，待家人回来再翻热，即可饮用。

Remove ingredients and put the soup into a vacuum flask. Otherwise, leave it to cool and refrigerate the soup. Re-boil to serve.

4 若鸡汤太多油分，怎样办？

How to handle excess oils in chicken soup?

利用隔油壶把油隔除，或将汤放入冰箱冷藏一会，待油分凝固，用汤匙刮去即可。

Drain the oil in an oil-drainer. Otherwise, refrigerate the soup briefly until oil solidifies and then remove oil with a spoon.



用汤水煮菜

Making Dishes with Soups

上汤

Stock

主要是指由鸡、瘦肉、火腿、猪骨等材料经过长时间熬煮出来。通常用来烹煮鱼翅、燕窝、花胶等名贵食品，其味清鲜，香气逼人。

It is made by simmering chicken, lean pork, ham or spareribs over low heat for a long time. It is usually used to cook expensive food such as shark's fins, bird's nests and dried fish maws. It makes dishes flavourful and fragrant.

二汤

Second Stock

将已熬煮过上汤的汤料再加热水翻煮1次。此汤常用于焖煮菜式上。

This is the second soup made from the used ingredients after the making of stock. Adding water to the ingredients and bring to the boil. It is usually used in stewed dishes.

三汤

Third Stock

将二汤汤料再次加水煮热，即成三汤。这汤只用来煮青菜及作其他材料「氽烫」之用。

This is the third generation using the same ingredients from the stock after making the Second Stock. Add water to the ingredients after the Second Stock and bring to the boil. It is used to cook vegetables or for scalding other ingredients.

* 以上资料由编者撰写。

This section is written by editor.