

南杏白果生魚湯



材料：

- 白果 22.5 克
- 南杏 37.5 克
- 豆腐 11.25 克
- 馬蹄 10 粒
- 薑 2 片
- 生魚 600 克至 900 克
- 水 10 碗

作法：

1. 先將白果剝殼、去皮；
2. 把馬蹄清洗乾淨，並切開兩邊；
3. 將豆腐浸於水中約五分鐘，然後切成小塊；
4. 把洗淨的生魚放在煎鍋中，加少許油、二片薑，煎 10 至 15 分鐘；
5. 將所有材料一併放進鍋內，先以明火煲至沸騰（約 5 分鐘），然後再用文火熬 2 至 3 小時；
6. 飲用前放入少許鹽。

Caldo de peixe (San Yu) com amendoins pequenos (Nam Hang) e pistachios

Ingredientes:

- Pistachios 22.5g
- Amendoins pequenos (Nam Hang) 37.5g
- Cubos de soja fritos 11.25g
- 10 Castanhas de água (Ma Tae)
- 2 Fatias de raiz de gengibre
- 1 Peixe fresco (San Yu) de 600g a 900g
- 10 Tigelas de água

1. Retire as cascas e pele dos pistachios;
2. Limpe as castanhas de água e corte em duas partes;
3. Mergulhe os cubos de soja fritos em água cerca de 5 minutos e corte-os em pedaços;
4. Limpe e seque o peixe. Depois, deite um pouco de óleo na frigideira chinesa e frite o peixe limpo com as 2 fatias de raiz de gengibre durante 10 a 15 minutos;
5. Junte todos os ingredientes num tacho com as 10 tigelas de água e deixe ferver a lume bem forte por 5 minutos. Depois, cozinhe-os a lume brando entre 2 a 3 horas;
6. Adicione sal antes de servir.

Fish (San Yu) broth with small peanuts (Nam Hang) and pistachios

Ingredients:

- Pistachios 22.5g
- Small peanuts (Nam Hang) 37.5g
- Fried soy cubes 11.25g
- 10 Water chestnuts (Ma Tae)
- 2 Slices of ginger root
- 1 Fresh fish (San Yu) from 600g to 900g
- 10 Bowls of water

1. Remove the shell and skin of the pistachios;
2. Clean the water chestnuts and cut them in half;
3. Soak the fried soy cubes in water for around 5 minutes and cut them into pieces;
4. Clean and dry the fish. Afterwards, put a bit of oil to a Chinese frying pan, and fry the clean fish together with the 2 slices of ginger root, for 10 to 15 minutes;
5. Add all the ingredients in a pan with 10 bowls of water and let them boil at a high temperature for 5 minutes. Afterwards, cook them in low heat for 2 to 3 hours;
6. Add salt before serving.