

Abalone Soup Recipe

(Pau Hu Th'ng Recipe)

Ingredients:

1 tin abalone
150 g pork
225 g ginkgo nuts (pak kor)
3 pieces soy bean strips (fu chok)
1 small carrot
30 - 35 g mushrooms, soaked in water
Salt to taste

Method:

Shell and soak ginkgo nuts in water for ½ an hour. Remove skin and clean. Cut abalone into slides. Cut pork into pieces. Cut soy bean strips into 6 cm lengths. Soak in water for 5 minutes. Skin carrot. Slice and cut into decorative shapes. Cut mushrooms into two. Fill pot with 5 rice bowls of water, add pork and carrots. Bring to the boil. Add ginkgo nuts and slow boil until all three ingredients are cooked. Add abalone, mushrooms, soy bean strips, a little seasoning and salt to taste. Add more water if insufficient. Boil for 5 minutes and remove from heat. Serve.

Note: Ginkgo nuts are available from Chinese medical halls or big grocery stores.

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