

Hainanese Mutton Soup Recipe

(Malaysian Recipe)

Ingredients: Serves 4-6

1kg mutton
10g black fungus
30g dried beancurd sticks (fu chok)
20g young ginger
15 red dates
3 liters water
10 square tau pok

Soup ingredients:

20g Chinese angelica root (dang gui)
30g wolfberry fruits (gou qi zi)
30g American ginseng (pao shen)
10g tangerine peel
10g peppercorns
½ teaspoon fennel
¼ teaspoon cumin
20g codonopsis root (dang shen)

Seasonings:

1 tablespoon cooking wine (Huadiao wine)
2 teaspoons salt

Method:

Cut mutton in large chunks, scald in boiling water to remove blood; then, remove to rinse and drain. Soak black fungus in water until soft. Cut fu chok into sections before deep-frying with oil until fragrant. Cut ginger into slices. Remove pits of red dates. Put all soup ingredients into a cloth bag and seal tightly. Heat up 2 tablespoons of oil, fry ginger slices until fragrant, put mutton chunks in and stir-fry for about 5 minutes. Pour in water, red dates and the bag of soup ingredients. Cover the pot and cook over low heat for 40 minutes. Add black fungus and tau pok. Cook for about 20 minutes then put fu chok in and continue to cook for another 10 minutes. Add cooking wine and salt to taste before serving.

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