

Sweet Clear Dessert Soup Recipe

Ingredients:

20 prepared or canned lotus seeds
20 prepared or canned ginkgo nuts
1 small head white fungus (shuit yee)
2 dried persimmons
12 whole dried longans ("Dragon's Eyes")
1 liter (4 cups) water
2 screwpine leaves (pandan leaves), knotted
150 g rock sugar
1 tablespoon granulated sugar

Method:

Drain lotus seeds and ginkgo nuts and rinse under cold tap. Soak white fungus in cold water for 15 minutes or until swollen. Rinse dried persimmons and slice into 1-cm strips, removing the hard tip. Remove longan shells and stones and rinse meat. Bring water to the boil in a large pot and add knotted screwpine leaves, lotus seeds, white fungus and ginkgo nuts to simmer for about 30 to 45 minutes until the lotus seeds, white fungus and ginkgo nuts are soft. When soft, add rock sugar, granulated sugar, longan meat and dried persimmons. Simmer again for another 10 to 15 minutes. Remove screwpine leaves and ladle into individual serving bowls and serve hot, or let cool completely and serve over crushed ice.

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