

# 魚唇津白豬脰湯

## Soup with Shark Fin Skirt, Tianjin Cabbage and Pork

材料：津白一斤、魚唇二、陳皮三錢、火腿三、豬脰半斤、薑二片、適量

製法：(1) 魚唇解凍後，以、薑出水。

(2) 津白切件、洗淨，備用。

(3) 其它材料分別洗淨後與魚唇及津白一同放進煲中，加水適量，煲約2小時加鹽調味即可飲用。

功效：滋陰強壯，開胃健脾，補充膠質。

主治：食慾不振，形體瘦弱，胃呆納差，強健筋骨。

Ingredients: 640g Tianjin cabbage, 80g shark fin skirt (flash freeze), 12g tangerine peel, 120g Chinese ham, 320g shin of pork, 2 slices of ginger, small amount of scallion

Method: (1) After the shark fin skirts are defrosted, put them in boil water with ginger and scallion for a short while.  
(2) Wash the Tianjin cabbage and cut them up for later use.  
(3) Wash the other ingredients and put them with the shark fin skirts and Tianjin cabbage into the pot with suitable amount of water. Boil for about 2 hours. Add salt for seasoning and it is done.

Function: A tonic for the Yin and for strengthening the body, enhances appetite and strengthens the spleen, supplement of plastics.

Application: Poor appetite, lean and weak body, weak stomach and poor absorption, strengthening the bones and muscles.

## ..... 材 料 功 效 .....

津 白：寬中養胃，消食除煩。  
魚 唇：滋陰潤燥，營養豐富。  
陳 皮：寬胸理氣，燥濕化痰。  
火 腿：味道鮮美，健脾開胃。  
豬 脰：滋陰潤燥，味道鮮美。  
生 薑：疏風解表，健胃止嘔。  
：溫陽通竅，疏風解表。

## 四季飲食錦囊

魚唇一般以急凍品便可，亦可以花膠代替，久病體虛，羸體消瘦的兒童均可常服此湯。但患有外感症狀者不宜服用。此湯水味道鮮美，若用於調理身體，一般情況下每星期服用一至兩次，功效更為明顯。

# 石狗公白菜豆腐湯

## Soup with Rockfish, Bay Choy and Bean Curd

材料：石狗公魚一斤、白菜四、生薑三片、豆腐二磚

製法：(1) 石狗公魚 好，去鱗、洗淨。

(2) 其它材料分別洗淨，備用。

(3) 先將石狗公魚與薑下鑊略煎。

(4) 把煎好的魚及薑用魚湯網袋盛好。

(5) 與其它材料一同放進煲中，約煲至45分鐘後，加鹽調味即可飲用。

功效：味美可口，蛋白質豐富，增進食慾。

主治：食慾不振，肌肉瘦削，補充蛋白質。

Ingredients: 640g rockfish (Shek-kau-kung), 160g bay choy (Chinese cabbage), 3 slices of ginger, 2 blocks of bean curd

Method: (1) Wash the fish after taking away the viscera and scales.  
(2) Wash the other ingredients for later use.  
(3) Fry the fish with ginger for a while.  
(4) Put the fish and ginger into a fish soup bag.  
(5) Put the bag and all other ingredients into the pot and boil for about 45 minutes. Add salt for seasoning and it is done.

Function: Taste very well, rich in protein, enhances appetite.

Application: Poor appetite, thinness, supplement of protein.

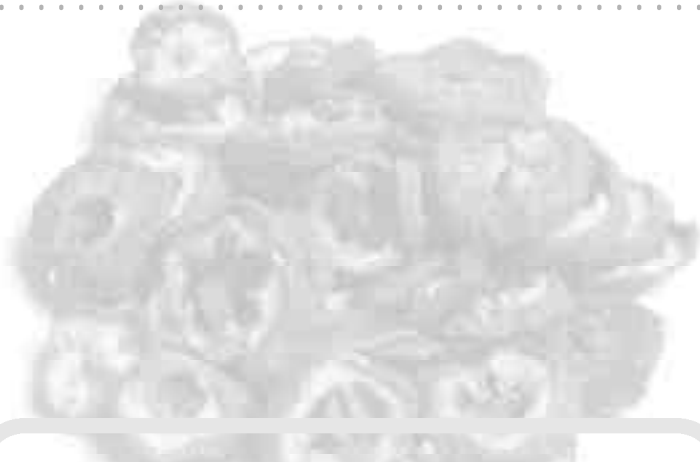
## 材 料 功 效

石狗公：含蛋白質、味道鮮美。

白 菜：寬中養胃，消食除煩。

生 薑：疏風解表，健胃止嘔。

豆 腐：生津潤燥，清熱解毒。



## 四 季 飲 食 錦 囊

此湯水於兒童發育期間可經常服用，有助兒童發育成長，及在夏季暑熱天氣胃口不佳時飲用亦可。石狗公魚由於味道鮮甜、產量又多、價錢廉宜，故深受大眾歡迎，購買時應選擇顏色鮮紅、魚身較大者為佳。