



小贴士 TIP

姜薯，不容易在本地买到，可用新鲜淮山代替。姜薯本身含有姜的味道，如用姜薯代替淮山，则不需要加入姜汁调味。淮山，又称“山药”，原产地是河南省焦作市境内，目前中国各地都有种植。Ginger potato is not easily available here. You may use fresh Chinese yam as a substitute. As ginger potato has a gingery taste, you don't have to add ginger juice if you are using it for this recipe. Chinese yam, also known as Huai Shan, originates from Jiaozuo city in Henan province. It is now grown across China.



Chef Eric 说，咸食材和甜食材的互相搭配是潮菜甜点的特色之一。潮州淮山鹌鹑蛋姜汤就以鹌鹑蛋（咸）与其它甜食材如红枣、柿饼等配搭，大大保留了潮州菜的特色，也因为有了姜、柿饼、淮山或姜薯等养生食材入煲，使这道甜汤增加不少食疗的作用。

潮州淮山鹌鹑蛋姜汤

4人份

用料

新鲜淮山或姜薯120克（去皮）、AOX水1.2公升、姜汁2小匙、冰糖60克、柿饼1个（切片）、红枣4个、鲜百合60克、白果40克、鹌鹑蛋8个（水煮至熟）

做法

1. 把淮山切成3公分长片。
2. 把AOX水煮滚，加入姜汁和冰糖煮至溶解。
3. 加入柿饼和红枣，转小火煮约10分钟至软。
4. 加入剩余的用料，再煮5分钟即可趁热享用。

Teochew Ginger Broth with Chinese Yam and Quail Egg

serves 4

Ingredients

120g fresh Chinese yam or ginger potatoes (peeled), 1.2 litre AOX water, 2 tsp ginger juice, 60g rock sugar, 1 dried persimmon (sliced), 4 red dates, 60g fresh lily bulbs, 40g ginkgo nuts, 8 quail eggs (hard-boiled)

Method

1. Slice Chinese yam into 3cm-long pieces.
2. Bring AOX water to a boil. Add ginger juice and rock sugar, cook until dissolve.
3. Add persimmon and red dates. Simmer for 10 mins until soft.
4. Add remaining ingredients, simmer for another 5 mins. Serve hot.