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衛生防護中心

健康水果食譜

Healthy Fruit Recipes

蘋果馬蹄生魚湯

Snakehead Mullet Soup with Apples and Water Chestnuts

（約6至8人份）

(Serves about 6 to 8 persons)

材料

蘋果（中型）4個

馬蹄8粒

生魚（其他魚均可）12両

果皮1片（浸軟）

豬𦟌8两

薑2片

清水12杯

（註：1杯 = 240 毫升）

調味料

鹽少量

烹調方法

•蘋果去皮去籽，洗淨，切大塊待用。

•豬𦟌洗淨後用熱水燙過。

•生魚劏好，洗淨，抹乾，用油加薑煎至金黃色。

•在湯煲注入清水十二杯，加入所有材料，以大火煲半小時，轉中火再煲一小時，下鹽調味即成。

Ingredients

Apples - 4 medium

Water chestnuts - 8 pieces

Snakehead mullet - 450 grams (or other types of fish)

Dry tangerine peel - 1 piece, soaked

Pork shank - 300 grams

Ginger - 2 slices

Water - 12 cups (Remark: 1 cup = 240ml)

Seasoning

Salt - small amount

Preparation Method

•Peel apples and remove seeds. Rinse and cut into large pieces.

•Wash pork shank and scald.

• Dress and rinse fish. Wipe off excess water. Fry to golden brown with ginger.

•Boil 12 cups of water in pot with all ingredients over high heat for half hour. Switch to medium heat for another hour. Season with salt and serve.

智「營」提示 Smart“Nutrition”Tips

•若想減少蘋果中的營養流失，可以待轉中火後才把蘋果加入水中烹調。

•糖尿病患者在飲用此湯水前應先諮詢醫生的建議，因蘋果和馬蹄都屬天然高糖分的食物，部份糖分會在烹調過程中溶入湯水中。

•You can minimize nutrient loss by decreasing the cooking time of apples and adding them to boiling water after the heat has been switched to medium.

•Both apples and water chestnuts are naturally high in sugar which may dissolve in water upon boiling. Therefore, people with diabetes should consult their doctors before consumption of this soup.