

乾貨指南

DRIED GOODS GUIDE



C: hoeng1 gu1
Shiitake mushroom 香菇
M: xiāng gū



C: syut3 jī5
Snow fungus 雪耳
M: xuě ěr



C: gwa1 zī2 pei4
Tangerine peel 橘子皮
M: júzi pí



C: gau2 gei2 jī2
Goji berry 枸杞(子)
M: gǒu qǐ



C: muk6 jī5
Wood ear 木耳
M: mù ěr



C: jan4 sam1
Ginseng 人參
M: rénshēn



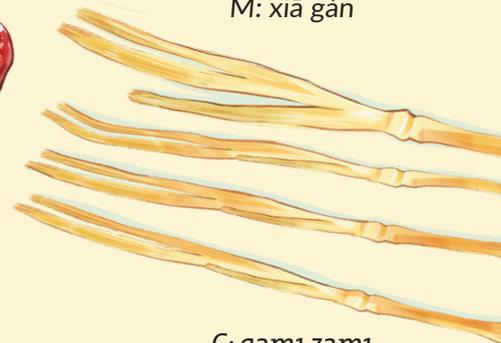
C: gon1 bui3
Dried scallop 乾貝
M: gān bèi



C: hung4 zou2
Jujube 紅棗
M: hóng zǎo



C: haa1 gon1
Dried shrimp 蝦乾
M: xiā gān



C: gam1 zam1
Lily flower 金針
M: jīn zhēn

Chinese medicine focuses on the energy properties of food. There is a balance of “cooling” 冷 and “heaty” 熱 foods, or “yin” and “yang” foods. A balance of cooling , heaty , and neutral  foods is essential for good health. Cooling foods are considered alkaline and light, whereas heaty foods are dense, heavy, and acid-forming. The list below shows how individual ingredients are cooling, heaty or neutral, but note that when different combinations are made, this changes how the dish falls into the spectrum. A Chinese medicine practitioner should be consulted for any health related recommendations.

	Selection	Preparation	Tea	Soup	Cold Dish	Stir-fry
Goji berry 枸杞(子)	Bright in colour and sweet to the taste	Eat raw or cooked, soak until softened				
Jujube red date 紅棗	Round and plump, dark red, not too soft	Eat raw or cooked, place directly in soups				
Tangerine peel 橘子皮	Dark in colour, fragrant and dry	Soak until softened, scrape off pith to remove bitterness				
Shiitake mushroom 香菇	Striped thick tops, smell for a woody fragrance	Soak overnight, cut off the stems, wash				
Snow fungus 雪耳	Smell for absence of bleach and sulfur	Soak until softened, cut off the stems, wash				
Wood ear 木耳	Black surface, grayish-white on the reverse, light fragrance	Soak for 3-4 hours, wash and clean				
Ginseng 人參	Ask staff for recommendations	Boil twice for tea and stock				
Dried shrimp 蝦乾	Smell to detect any mold	Soak in warm water until soft				
Dried scallop 乾貝	Whole scallops, golden in colour	Soak overnight				
Lily flower 金針	Light brown, flexible, not dark and brittle	Soak for 30 mins, cut off woody bottom of the bud				

Herbal chicken soup 藥膳雞湯



Lily flower, ginseng, goji berry, jujube

Blanch and rinse a whole chicken (traditionally made with black silkie). Slow cook with dried goods until tender.

Buddha's delight 羅漢齋



Lily flower, wood ear, shiitake mushroom

Stir-fry with a combination of: glass noodles, tofu puffs, bamboo shoots, bean sprouts, snow peas, napa cabbage.

Sweet herbal soup 雪耳紅棗糖水



Jujube, goji berry, snow fungus

Boil with rock sugar until soft for a hot or cold dessert soup. Lotus seeds and longan are a popular addition.