



枸杞  
干貝

## LYCIUM SCALLOPS

Tonifies the Liver and Kidney Yin and Yang.  
Nourishes Kidney Jing (essence).  
Stops leukorrhea.

### INGREDIENTS

- 30 g (1.1 oz) lycium
- 250 g (8.8 oz) large scallops, fresh or frozen, in shell
- 10 g (0.35 oz) ginger, minced
- 2 stalks scallions, minced
- 15 cc (15 ml) rice wine
- 2 tsp chicken bouillon
- ¼ tsp salt
- sesame oil, to taste

*Makes 3 servings*

### PREPARATION

- Cover lycium with rice wine and marinate overnight.
- Wash the scallops and drain excess water.
- Place scallop with half shell in a ceramic bowl. Distribute and pour rice wine evenly over the scallops. Place the lycium on top of the scallops.
- Place minced scallions and ginger on top of the scallops.
- Combine salt and chicken bouillon. Sprinkle evenly over the scallops.

### COOKING

- Place water in a steamer and bring to a boil. Place the scallop dish in the center of the steamer and cover. Steam over high heat for 15 minutes.
- Before serving, season each scallop with 1 or 2 drops of sesame oil.
- Note: Be sure the water does not boil over into the scallop dish during steaming.