



POLYGONUM SPARE RIB SOUP

Calms the Shen (spirit).
Tonifies the Kidney, Liver and Heart.
Helps promote shiny beautiful hair.

INGREDIENTS

- ½ lb spare ribs, chopped
- 10 g polygonum
- 10 g zizyphus, crushed
- 10 g lily
- 10 g poria fu shen
- 2 slices ginger
- 2 tsp rice wine

Makes 2 servings

PREPARATION

- Rinse the spare ribs thoroughly.
- Place the crushed zizyphus in cheesecloth.

COOKING

- After cleaning the spare ribs, boil it with a deep stainless steel pan. Wash off the ribs.
- In another pot, add ample amount of water and soak the herbs for about 20 minutes.
- Add washed ribs and the rest of the ingredients to the pot with herbs and bring to a boil.
- Take out all the foam and reduce heat to low. Stew over low flame for about an hour until the spare ribs soften.
- Add salt to bring out the taste.

藥燉排骨