



## 雪耳鮮果糖水

## Yellow Fungus with Assorted Fruit

材料	雪耳.....	10克
	蘋果.....	半個
	雪梨.....	半個
	木瓜.....	20克
	冬瓜.....	20克
	南北杏.....	20粒
	蜜棗.....	2粒
	清水.....	500毫升
	冰糖.....	2湯匙

- 做法
1. 雪耳浸凍水15分鐘洗淨。
  2. 蘋果、雪梨切粒。
  3. 用匙舀取將木瓜及冬瓜做成球形。
  4. 將材料倒入Panasonic電子高速煲內，鎖緊煲蓋。
  5. 將壓力設置為「Low」（低壓）20分鐘，按下「Start」（開始）。
  6. 當壓力顯示竿下降後，打開煲蓋，取出即成。

METHOD	Ingredients	
	Yellow fungus.....	10g
	Apple.....	1/2pc
	Pear.....	1/2pc
	Papaya.....	20g
	Winter melon.....	20g
	South and North Almonds.....	20pcs
	Dried figs.....	2pcs
	Water.....	500ml
	Rock sugar.....	2 tbsps

- METHOD
1. Soak the yellow fungus in cold water for 15 minutes and wash thoroughly.
  2. Dice the apple and pear.
  3. Make small papaya and winter melon balls with a melon scoop.
  4. Place all the ingredients in the Panasonic Electronic Pressure Cooker. Close the lid firmly.
  5. Set "Low" pressure for 20 minutes, press "Start".
  6. Once the pressure indicator pin has dropped, open the lid.



### 小貼士

用菜湯取代清水，少許鹽取代冰糖烹煮，即成美味湯品。

### Cooking tips

For regular soup, replace water with vegetarian stock and rock sugar with a pinch of salt.