

Alaska Sea Cucumber with Lotus Seeds



Preparation Time: 10 minutes

Cook Time: 180 minutes

Servings: 2

Ingredients:

150g Alaska Wild Sea Cucumber

20g Fresh Lotus Seeds

150g Pork Bones

150g Duck

50g Lean Meat (pork)

0g Salted Ham

15g Dried Scallops

Description:

1. Boil bones, duck, lean meat with cold water and remove foam. Then add ham and dried scallops and cook for 3 hours on low flame.

2. Strain ingredients leaving broth. Steam Alaska sea cucumber for 1 hour. Add fresh lotus seeds and serve with broth.

Tips:

If you want to add stronger flavor, crush some of the ingredients and stir-fry them before adding to soup. Then cook for 10 minutes. Because of the cured ham, there is no need to add extra salt to the soup.