FORTUNE BRAISED MUSHROOMS & ABALONES
发财红烧鲍菇

Ingredients 材料:

Eu Yan Sang Superior Baby Australia Abalones 余仁生特选澳洲鲍鱼	1 can
Eu Yan Sang Superior Tea Flower Mushroom/ Superior White Flower Mushroom / Superior Pearl Flower Mushroom 吉品茶花菇/吉品白花菇/吉品珍珠菇	8 pcs
Goji Berry 枸杞子	1 tbsp
Bok Choy (cut into halves lengthwise) 白菜 （对半）	250g
Olive Oil 橄榄油	1 tbsp
Sesame Oil 芝麻油	1 tbsp
Oyster Sauce 蚝油	1 ½ tbsp
Light Soya Sauce 酱清	1 tbsp
Dark Soya Sauce 黑酱油	½ tsp
Hua Diao Wine 花雕酒	1 tbsp
Cornflour (mix with 1 tbsp water) 玉米粉（加入1汤匙清水混合）	1 tbsp

Eu Yan Sang Superior Australian Abalone is freshly selected from the Southern Ocean. This delicacy has been cleansed and packed in the shortest possible time to preserve its taste, aroma and freshness.
余仁生特选澳洲鲍鱼是新鲜精选的产品。鲍鱼经过最快的速度清理干净并置入真空罐头内，以保存鲍鱼的鲜美与独特的原味。

- This product is manufactured in a HACCP and ISO 9001:2008 certified factory.
  此产品在有HACCP 和 ISO9001: 2008 认证的工厂中生产
- This product contains molluscs
  此产品含壳类海鲜产品
- No artificial colouring
  没人造色素
- Halal
  清真
- Product of Australia
  澳洲产品

Instruction 做法:

1. Pour in 200ml hot water in a bowl of dried mushroom. Cover with lid and let the mushroom soak for 40 mins, until it softens. Squeeze out the water from the mushroom and snip off the tips. Set aside the mushroom water.
   把200毫升热水倒入一碗蘑菇中。盖上盖子让蘑菇充分浸泡40分钟，直到它软化。从蘑菇中挤出蘑菇水，然后剪掉蘑菇蒂。把蘑菇水放在一边备用。
2. Heat olive oil in a pan, add the mushrooms and stir fry for 2-3 minutes. Pour in abalone stock, cover and let it simmer for about 5 minutes.
   在平底锅中加橄榄油，加入蘑菇，炒2-3分钟。倒入鲍鱼汤，盖上盖子，煮约5分钟。
3. Add the abalones, oyster sauce and sesame oil into wok. When sauce starts to boil, remove abalones and set them aside.
   将鲍鱼、蚝油和芝麻油加入锅中。当酱汁开始煮沸时，将鲍鱼取出并放在一边备用。
4. Add in goji berries and stir fry for 1 minute. Transfer the mushrooms and goji berries to a plate and set aside.
   加入枸杞子，炒1分钟。将蘑菇和枸杞子移到盘子里，放在一边备用。
5. Heat a frying pan on low heat and add all the sauce ingredients, except the cornflour water. Stir to mix well.
   以小火加热平底锅，加入所有酱料（除了玉米粉水以外）並搅拌均匀。
6. Pour in the cornflour water to the sauce while stirring constantly until the sauce has thickened. Remove from heat.
   倒入玉米粉水到酱汁中，同时不断搅拌，直到酱汁变厚。关火。
7. Arrange blanched bok choy to fan out in a circle on a serving plate, leaves in the centre of the plate. Arrange the mushrooms and abalones on top of the bok choy leaves. Drizzle sauce and serve.
   把氽烫过的白菜以扇形排列在盘上， 叶子朝盘子的中心。将蘑菇和鲍鱼放在白菜叶子上。加入酱汁，即可食用。

FORTUNE FISH MAW SOUP
发财鱼鳔羹

Ingredients 材料:

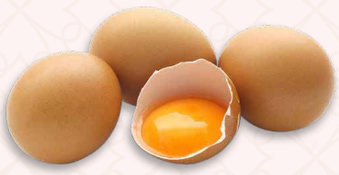
Eu Yan Sang Superior Fish Maw 吉品鱼鳔	100g
Chicken Stock 鸡汤	3 litres
Crab Meat 蟹肉	500 g
Egg Whites 蛋清	4
Potato Starch (mix in 200ml of water) 生粉（加入200毫升清水混合）	5 tbsp
Salt and Pepper 盐巴，胡椒	To taste

Seafood is a must-have ingredient at every reunion dinner. Eu Yan Sang premium seafood hampers bring together high-grade seafood, including premium abalones, specially selected scallops, premium fish maw and more. It is also the finest gift for your elders and business partners!

新年吃海味，荣华又富贵！每逢过年，海味必定是烹煮团圆饭不可缺少的食材，家家户户都会忙着采购食品，为的就是让这顿饭吃出年味，一家大小团团圆圆。余仁生高贵的海味礼篮聚集了品质优良的海产，其中包括极品鲍鱼，特选干贝，上等鱼鳔等，任君挑选。同时也是新年送礼给长辈及生意伙伴的最佳首选，非常大方得体，尽显诚意。

Instruction 做法:

1. In a pot, bring 1.5 litres of water to a boil. Add in dried fish maw and allow it to boil for 10 to 15 minutes or until softened.
   在锅中加入 1.5升水煮沸。加入鱼鳔，煮10至15分钟或直到软化。
2. Discard boiling liquid and rinse fish maw.
   倒掉锅里的水，将鱼漂冲洗干净。
3. Slice fish maw into 1cm-thick strips. Set aside.
   将鱼鳔切成1厘米厚的条状。放在一边备用。
4. Bring chicken stock to a boil. Add in fish maw and allow mixture to come to a boil.
   一个干净的锅中加入鸡汤並煮沸。再加入鱼鳔，持续沸腾。
5. Add in crab meat and allow mixture to come to a boil.
   加入蟹肉，让混合物煮沸。
6. Gradually pour in the egg whites into mixture, stirring continuously.
   把倒入蛋清锅中，连续搅拌。
7. In a bowl, mix potato starch with 200ml of water. Stir until starch mix is dissolved. Add starch mixture into soup, stirring continuously.
   在碗中，将生粉与200毫升水混合，搅拌直到生粉溶解。
   将生粉水加入汤锅中，连续搅拌。
8. Add in salt and pepper to taste.
   加入盐和胡椒调味。



WINTER MELON STUFFED WITH DRIED SCALLOP & BLACK MOSS
发财干贝酿冬瓜

Ingredients 材料:

Eu Yan Sang Premium Japan Dried Scallops 特品日本干贝	8 pcs
Winter Melon (peeled and sliced into1.5-inch-thick rings) 冬瓜（去皮并切成1.5寸厚的环形）	1
Black Moss (soaked for 30min) 发菜（预先浸泡30分钟）	10g
Cooking Oil 食用油	1 tbsp
Broccoli Forets 西兰花	8
Oyster Sauce 芝麻油	1 tsp
Dark Soya Sauce 黑酱油	½ tsp
Chicken Stock 鸡汤	400g
Cornflour (made into a paste with 1 ½ tbsp water) 生粉（加入1 ½ 汤匙清水混合）	½ tbsp
Sugar 糖	½ tsp
Salt 盐	A pinch

Instruction 做法:

1. Steam the dried scallops for 20min. Set aside.
   将干贝蒸20分钟，放在一边备用。
2. Use a 2.5 inch round mould to cut out 8 rings of winter melon. Next, use a 1.5 inch round mould to stamp out the centre of each winter melon ring halfway, then use a teaspoon to scoop out the flesh.
   使用2.5寸圆形模具切出8个冬瓜环。接下来，在每个冬瓜环的中心使用1.5寸圆形模具压一半深，然后用小茶匙挖出冬瓜肉。
3. Steam the winter melon rings for 7 min, then stuff a dried scallop into the centre of each ring.
   将冬瓜环蒸7分钟，然后将干贝酿进冬瓜环的中心。
4. Set a small pot of water to boil. Add the black moss and 1 tsp of oil and cook for 20 sec. Set aside.
   将一小锅水煮沸。加入发菜和 1 茶匙油，煮 20 秒。
5. Heat 1 tbsp of oil in a wok and stir-fry the broccoli for 2min, until it is bright green and crisp. Set aside.
   在锅中加热1汤匙食用油，把西兰花拌炒2分钟至翠绿色。放在一边备用。
6. On a serving plate, place the broccoli and black moss in the centre, surrounded by scallop and winter melon.
   在盘上，将西兰花和发菜放在中间，旁边围上干贝和冬瓜。
7. In a clean wok over medium heat, combine all sauce ingredients and mix well. Once the sauce is heated through pour it over the dish and serve.
   开中火，在干净锅中将所有酱料混合，充分加热酱汁后均匀淋在菜上。

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WHITE FUNGUS WITH PAPAYA SOUP
雪耳木瓜汤

Ingredients 材料:

Eu Yan Sang Premium White Fungus 吉品雪耳	50g
Small Papaya (Cut into pieces) 小木瓜 (切成块)	1
Southern Apricot Kernel 南杏	2 tbsp
Northern Apricot Kernel 北杏	1 tbsp
Red Date (seedless) 红枣 (无核)	8 pc
Honey Rock Sugar 石蜂糖	1 pc

Instruction 做法:

1. Soak white fungus in water for about 30 minutes. Using a pair of scissors, cut away the dark yellow hard centre of the fungus. Cut the rest of the fungus into smaller pieces.
   将雪耳浸泡在水中约30分钟。用剪刀去掉雪耳中心深黄色的芯。把雪耳剪成小块。
2. Add 2 litres of water in a pot and bring to boil. Add in fungus pieces, papaya, red dates and apricot kernels. Bring to a boil and then simmer (with lid partially closed) for 40 minutes. Add rock sugar and continue simmering for 10 minutes. Serve chilled.
   在锅中加入2公升水，煮沸。加入雪耳，木瓜，红枣和杏仁，煮沸。（盖子半关）继续焖煮40分钟。加入石蜂糖，继续煮10分钟。取出冷藏。

Nourishes "Yin", increase body fluid, reduce heat in the body.
兹阴降火，生津润肺，建脾养颜

STEAMED PEACH GUM MILK PUDDING
桃胶炖奶布丁

Ingredients 材料:

Eu Yan Sang Superior Peach Gum 吉品桃胶	30g
Red Dates (seeded) 红枣（无核）	8 pc
Thailand Dried Longan 泰国龙眼肉	8 pc
Goji Berries 枸杞子	2 tbsp
Fresh Milk 鲜奶	800ml
Honey Rock Sugar 石蜂糖	To taste

Instruction 做法:

1. Rinse and soak peach gum with water overnight till it expands and softens. Rinse it a few times with a sieve to remove the impurities and drain well. Set aside.
   用水冲洗和浸泡桃胶过夜，直到它膨胀和软化。用筛子冲洗几次，以去除杂质并沥干。放在一边备用。
2. Add fresh milk into a small pot and bring to boil. Add honey rock sugar and stir till dissolved.
   将鲜奶倒进小锅中加热，加入石蜂糖，搅拌直到溶解。
3. Put peach gum, dried longan and red dates into a stew pot, and pour in the milk until 80% full. Cover the pot with a lid.
   将桃胶、龙眼肉和红枣放入炖锅中，倒入鲜奶至八分满。盖上锅盖。
4. Simmer in a 100˚C steam oven for about 45 minutes. Serve.
   在100˚C 蒸汽中炖煮约45分钟。

Through careful selection and processing, Eu Yan Sang Superior Peach Gum is able to retain its herbal goodness without any use of Sulphur dioxide fumigation.
通过产谨的筛选和处理，余仁生桃胶在不采用任何二氧化硫熏蒸的情况下，依然保留草药的质量。

LAYERED RED DATES CAKE
红枣蛋糕

Ingredients 材料:

Red Dates Slices 金丝枣片/红枣片	200g
Hot water 热水	400g
Maple syrup 枫糖浆	40g
Tapioca flour 木薯粉	180g
Rice flour 粘米粉	50g

Instruction 做法:

1. Soak the red dates slices in a large bowl with 400g hot water for 20 min, then add all the other ingredients for the red dates layer (maple syrup, tapioca flour, rice flour). Blend well and pass the mixture through a sieve.
   将金丝枣片/红枣片放入大碗中，用400克热水浸泡20分钟，然后加入所有其他红枣层所需材料(枫糖浆、木薯粉、米粉)。搅拌均匀，然后过筛。
2. Using another bowl, prepare the coconut layer by adding all the ingredients for the coconut layer. Mix well and pass through a sieve.
   使用另一个大碗准备椰子层，加入椰子层的所有成分，搅拌均匀，过筛。
3. Grease a steaming tray with oil.
   将蒸盘内涂上一层油。
4. Pour 1/2 of the red dates layer ingredients from (1) into a tray and steam for 10 minutes. Next, add all the coconut layer ingredients from (2) and steam for another 10 min. Pour the remaining red dates layer on top. Steam the cake for another 30 minutes.
   将1/2的红枣层材料倒入盘中，蒸10分钟。然后倒入所有椰子层材料，再蒸10分钟。把剩下的红枣层倒在上面，再把蛋糕蒸30分钟。
5. Remove the tray from the steamer and let it cool.
   从蒸锅中取出托盘，让它冷却。
6. Cut into slices or squares. Serve warm or cold.
   切成薄片或正方形，即可享用。

Invigorate the spleen & stomach. Nourish blood and calm the mind. Moderate the potency of drugs
补益脾胃，养血安神。缓和药性