

炒鮮淮山

Fried Fresh Chinese Yam

材料:

鮮淮山	1 磅
鮮白果	¼ 磅
鮮百合	¼ 磅
芹菜	¼ 磅
胡蘿蔔	¼ 安士
雲耳	1安士
蒜頭	4 瓣

烹調方法

將鮮淮山、胡蘿蔔去皮切片，芹菜切片，雲耳泡浸洗乾淨。用植物油，炒香蒜頭，放入全部材料，翻炒

7-8分鐘即可，可加一點蠔油和鹽

藥用價值

整份菜有滋陰健脾、潤肺止咳、降膽固醇、降血脂的作用。

Ingredients:

1	Fresh Chinese Yam
¼ lb	Fresh ginkgo
¼ lb	Fresh lily bulbs
¼ lb	celery
¼ lb	carrots
1 oz	dried fungus
4	garlic cloves

cooking method

Peel and slice fresh Chinese yam, carrots, slice celery, soak and wash dried fungus. Use vegetable oil to fry the garlic until fragrant, add all the ingredients, stir fry for 7–8 minutes, add a little oyster sauce and salt.

medicinal value

The whole dish can enhance digestive and respiratory functions and relieving cough, lowering cholesterol and blood lipids.