

Ham and Pork Soup Recipe

Ingredients: Serves 4

300g Chinese ham
400g pork belly
400g pork bones
2 bamboo shoots
1 pile pressed bean curd sheets
6 Chinese green cabbage or Seow Pai Chye
1 stalk green scallion
½ teaspoon baking soda

Seasonings A:

1 stalk green scallion
3 slices ginger
2 tablespoons wine

Seasonings B:

2 tablespoons wine
salt to taste

Method:

Blanch pork bones, then rinse it. Cook the bones with seasonings A in 10 cups of water for 2 hours to make pork stock. Blanch ham and pork belly. Rinse and brush the ham. Cook both in pork stock over low heat. Remove pork after 30 minutes, continue to cook ham. After another 30 minutes, remove ham. Cut both into pieces. Halve pressed bean curd sheet, roll and make a knot with each piece. Bring 5 cups of water to a boil, turn off the heat, add baking soda in, soak pressed bean curd knots in for 1 hour. Drain and rinse with water for several times. Put ham, pork belly and bamboo shoot pieces into pork stock, add wine in, cook for 30 minutes. Add pressed bean curd knots, cook for another 20 minutes. Blanch and rinse green cabbage. Add to the soup at last 2-3 minutes. Season with some salt, add shredded green scallions just before turn off the heat. Serve immediately.