

## **Lotus Seeds Soup with Quail Eggs Recipe (Chinese)**

### **Ingredients:**

75 g lotus seeds  
38 g dried lily bulbs (available at Chinese medicinal shops)  
2 quail eggs (cooked and shelled)  
110 g rock sugar  
3 cups water  
some screwpine (pandan) leaves, knotted

### **Method:**

Briefly wash lotus seeds and soak in hot water for 1 hour. Wash and soak lily bulbs for 10 minutes. Put lily bulbs into boiling water. Parboil for 3 minutes and dish up. Transfer lotus seeds and lily bulbs to a bowl. Double steam for about 45 minutes to an hour. Put rock sugar and screwpine leaves to 3 cups of water. Boil until sugar dissolved and remove screwpine leaves. Add eggs, steamed lotus seeds and lily bulbs. Bring to the boil again and remove from heat immediately. Transfer to a bowl and serve.

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