

Pumpkin and Lily Bulb Recipe

Ingredients: Serves 4

300g pumpkin
2 fresh lily bulbs
1-2 tablespoons rock sugar

Method:

Peel off pumpkin skin and cut pumpkin into 1cm thick slices. Put them into a bowl with rock sugar and ½ cup of water, steam until tender. Remove and pour the accumulated juice into a small pot. Separate lily bulb petals piece-by-piece and trim off any brown edges. Blanch them until the color changes. Remove and rinse under cold water. Pour the lily bulb petals in the pumpkin juice and bring back to a boil. Turn off the heat and mix with the pumpkin.

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