

White Fungus in Almond Tea Recipe

Ingredients: Makes 4-6 portions

100g sweet almonds
50g bitter almonds
2 cups water
10g white fungus (soaked in water)
until soft; tough stems removed
3 cups water
100g rock sugar

Method:

Soak both almonds in water for 4 hours. Blend until smooth in a blender. Filter and set the liquid aside. Cook white fungus in the 3 cups of water in an electric claypot about 1½ hours or until soft. Set aside. Boil the almond milk prepared earlier. Pour it into the electric claypot and add the rock sugar and cooked white fungus. Cook over low heat for an hour. Serve. If a pressure pot is used, cook the white fungus for only 15 minutes and then put sugar in. Add the almond juice at last. Serve.

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