



Monkey Head Mushroom, White Radish and Lean Pork Soup

(Serves 4)

Monkey Head Mushroom has a unique aroma and flavour, with a texture similar to meat. When cooked with seasonal white radish in winter, it is filling yet low in calories.



Ingredients

- | | |
|--------------------------------|------------------|
| 1. Monkey head mushrooms (Dry) | 1 tael (~40 g) |
| 2. White radish | 1 catty (~600 g) |
| 3. Lean meat | 8 taels (~320 g) |
| 4. Date | 1 piece (~25 g) |
| 5. Ginger | 4 slices |
| 6. Water | 6 bowls |

Seasoning

- | | |
|---------|-------|
| 1. Salt | ¼ tsp |
|---------|-------|

Method

1. Soak the monkey head mushrooms in water then squeeze out, repeat several times. Rinse the date for any dust on the surface and set aside.
2. Wash and peel the white radish and ginger, cut the white radish into pieces, and slice the ginger for later use. Cut the monkey head mushrooms into pieces for later use.
3. Wash the lean meat, blanch in hot water, and set aside.
4. Boil water in a pot. Add in all ingredients and bring to boil over high heat, then simmer for 2 hours over low heat. Season with salt to finish.

Nutrition / Preparation Tips

1. Repeated soaking and squeezing of the monkey head mushrooms in water can help remove its natural bitterness.
2. Pork shank which is more tender than lean meat can be used instead. It is more suitable for the elderly to eat after being stewed.

Notes for Special Diets

● Diabetic diet

Exchange each serving for 1-½ tablespoon of rice (1-½ carbohydrate exchange).

● Low-Purine Diet

Pork should be consumed in moderation and counted towards total daily servings of “meat, fish, egg and alternatives” group to avoid excessive intake.

Nutrient Analysis(per serving)

Energy(kcal)	187
Carbohydrate(g)	17
Protein(g)	18
Fat(g)	5
Dietary fibre(g)	5.4
Sodium(mg)	258.9



Department of Health

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