

Four Benefits Soup 四神湯

Makes 4 servings

January 2025

Winter Comfort

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| 1 pound | pork shank |
| ½ cup | dried lotus seeds |
| ½ cup | Chinese barley 薏仁 |
| 5-6 slices | dried mountain yam 淮山 |
| ¼ cup | Euryale 芡實 |
| ½ cup | poria, loosely packed 茯苓 |
| ½ teaspoon | salt, or to taste |
| ¼ teaspoon | ground white pepper, or to taste |

1. Blanch pork shank in boiling water for 5 minutes. Drain and rinse to remove any impurities.
2. Soak all dried ingredients in water to cover for a minimum of 30 minutes. Drain and rinse thoroughly. Place all ingredients in a stock pot; add cold water to cover by 1 inch. Bring to a boil, reduce heat and let simmer for 1 ½ hours. Season with salt and pepper; serve hot.

Remark:

Traditionally, this soup is made during the cold winter months to bolster internal energy. It also strengthens the immune system, clears toxins and helps with digestion.