

Housing Channel

Title: Healthy Recipes for Elderly II – Papaya, Black-eyed Peas and Pork Shin Soup

- Super: Hydrating Series
Papaya, Black-eyed Peas and Pork Shin Soup
- Super: Papaya is sweet and nourishing
- Super: Black-eyed peas and pork shin are rich in protein
- Super: Ingredients (4 servings)
Papaya 12 taels / 480g
Black-eyed peas 1 tael / 40g
Pork shin 8 taels / 320g
Corn 1 piece / 230g
Water 6 bowls
- Super: Peel, deseed and cut papaya into pieces
- Super: Cut corn into chunks
- Super: Soak black-eyed peas for 30 minutes
- Super: Rinse and blanch pork shin
- Super: Add in all ingredients and bring it to a boil over high heat
- Super: Turn to low heat and simmer for about 2 hours
- Super: Season with 1/4 tsp of salt
- Super: Papaya, Black-eyed Peas and Pork Shin Soup