

## Housing Channel

### Title: Monkey Head Mushroom, White Radish and Lean Pork Soup

- Super: Healthy Recipes for Elderly II
- Super: Warming Series  
Monkey Head Mushroom, White Radish and Lean Pork Soup
- Super: Monkey Head Mushroom has a texture similar to meat, with low calories yet it is filling
- Super: A winter product, in-season white radish is fresh and sweet
- Super: Tips:  
Pork shank is tenderer and can substitute for lean meat
- Super: Ingredients (4 servings)  
Dry Monkey head mushrooms 1 tael / 40g  
White radish 1 catty / 640g  
Lean meat 8 taels / 320g  
Dates 1 piece / 25g  
Ginger 4 slices  
Water 6 bowls
- Super: Soak Monkey Head Mushrooms in water, then squeeze out the water. Repeat several times
- Super: Cut Monkey Head Mushrooms into pieces
- Super: Rinse the date
- Super: Wash and peel white radish and ginger
- Super: Cut white radish into pieces
- Super: Blanch the lean meat
- Super: Add in all ingredients into boiling water  
Bring it to a boil again and then simmer for 2 hours over low heat.
- Super: Season with 1/4 tsp of salt
- Super: Monkey Head Mushroom, White Radish and Lean Pork Soup