

Housing Channel

Title: Winter Recipe – Healthy “Poon Choi”

Super: Healthy Recipes for Elderly

Super: Winter Recipes
Healthy “Poon Choi”
Low fat
Low sodium
Rich in dietary fibre

Super: Healthy “Poon Choi” uses shrimp, dace ball and tofu

Super: To replace pig skin and pork belly used in traditional “Poon Choi”
Reduce saturated fat intake

Super: Homemade stock
Reduce high sodium seasoning

Super: Ingredients (4 servings)
Shrimp (160 g)
Dried shitake mushroom (8 g)
Minced dace (160 g)
Firm tofu (324 g)
Chinese yellow cabbage (320 g)
White radish (320 g)
Broccoli (140 g)
Spring onion, sectioned (1 stalk)
Ginger (2 slices)
Coriander, chopped (1 tsp)
Spring onion, chopped (1 tsp)

Super: Homemade stock ingredients
Soybean sprout (160 g)
Dried flat fish (20 g)
Water (6 cups)

Super: Making the stock
Roast dried flat fish in a pan without oil

- Super: Water
Soybean sprout
White radish
- Super: Simmer
1.5 hours
- Super: Reserve the stock and set the white radish aside
- Super: Making the “Poon Choi”
Dried shitake mushroom
Marinade (For shitake mushroom)
Oyster sauce (1 tsp)
Dark soy sauce (1/4 tsp)
- Super: Water
Dried shitake mushroom
Mushroom soaking water
- Super: Simmer
20 minutes
- Super: Broccoli
Chinese yellow cabbage
Firm tofu
- Super: Devein shrimp
- Super: Minced dace
Marinade (For minced dace)
Chopped spring onion
Chopped coriander
Cornstarch (2 tsp)
Salt (1/4 tsp)
- Super: Mix until paste is formed
- Super: Shape into balls
Divide into 8 portions

Super: Add ginger and spring onion
Blanch broccoli
Blanch shrimp
Cook through dace balls

Super: Bottom layer: White radish, Chinese yellow cabbage
Middle layer: Mushroom, Dace ball
Top layer: Broccoli, Firm tofu, Shrimp

Super: Add homemade stock (to about half-full)
Cook until all ingredients are thoroughly cooked

Super: Winter Recipes
Healthy "Poon Choi"
Please visit Elderly Health Service, Department of Health's
website for more healthy recipes
www.elderly.gov.hk