



## **White Wood-Ears, Pears, South & North Apricot Kernels with Crystal sugar Soup**

### **Ingredients:**

1 big size of dried White Wood-Ears

4 Ya Li Pears

6 grams of South Apricot Kernels, and 6 grams of North Apricot Kernels

Little portion of crystal sugar

**Notes:** South & North Apricot Kernels should not be used in large amount, should be used 6-9g

### **Ingredient Function:**

1. White Wood-Ears: Sweet flavor, neutral in nature. It moistens the Lung and nourishes Yin.
2. Pears: Sweet and slightly sour flavor, cool in nature. It clears heat, and promotes the production of body fluids. It also moistens dryness, dissolves phlegm, moistens the Lung, and nourishes Yin.
3. South Apricot Kernels: Sweet and sour flavor, neutral in nature. It moistens the intestine.
4. North Apricot Kernels: Bitter flavor, warm in nature and slight toxic. It relieves cough, and eliminates phlegm.
5. White Wood-Ears, Pears, South and North Apricot Kernels all are propensity for the Lung and Stomach Channels.

### **Recipe Function:**

It is good for moistening the Lung and nourishing Yin; clearing heat and promoting the production of body fluids; moistening dryness and dissolving phlegm; moistening intestine; relieving cough and eliminating phlegm.

### **Applications:**

Dry cough due to Lung dryness and Lung Yin deficiency. Dry throat, mouth, poor appetite, thirst and constipation due to Stomach Yin deficiency. Great thirst due to fever. Cough due to Lung heat or Phlegm heat. Use for constipation; for cough with phlegm.

### **Directions:**

1. Put White Wood-Ears into boiling water for a minute, then drain out water, cut out the yellow bottom part, and keep the white part. Separated them in pieces.
2. Washed, peeled the skin, cut out the seeds of the Pear, then chopped it into small pieces, and put them into the pot with cold water immediately, one pear by one pear.
3. Washed the South and North Apricot Kernels.

4. Put all ingredients into the slow cooker with 12 cups of cold water added, then cook in high process for 4 hours and 30 minutes.
5. After soup is done, put little portion of crystal sugar into the soup, stirred, before serve.