



Gourmet Herbal Cuisine Workshop

Orchard Hotel Singapore

Presented by:

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Hua Ting Chinese Restaurant

Double-Boiled Cream of Apricot Seed with Egg Whites



Serves 2

INGREDIENTS

200g apricot seeds, rinsed
300ml water
10 egg whites

Syrup

300ml water
300g rock sugar, crushed

Method:

1. Place the apricot seeds and water into a blender and blend to a smooth paste. Strain the paste and then mix with the egg whites. Set aside.
2. Bring the fresh water to a boil and add in the rock sugar, stirring continuously until it has completely dissolved. Mix the syrup into the apricot seed mixture and then strain the mixture again into a heat-proof bowl.
3. Double-boil the apricot seed mixture over medium heat for about 15 to 20 minutes.

Herb Benefit

Apricot Seed

Warm. Stops cough and moistens the intestines. Commonly used to treat dry cough and constipation.