



## Pork Ribs, Golden Cordyceps Flower, Stachys Geonombycis Soup with Wolfberries

Recipe by Culinary Instructor  
Phoebe Koh

**Serves 4 - 6**

### Ingredients

600g soft pork bones  
16g golden cordyceps flower  
12g stachys geobombycis  
18g wolfberries  
5 large seedless red dates

### Method

1. Rinse all ingredients.
2. Trim away excess fats from soft bones. Scald and rinse.
3. Place all ingredients in a soup stock pot. Pour 1.5 litre of boiling water into the pot. Cover and steam at 100°C for 1.5 hours.
4. Add wolfberries and steam for another 1 hour. Season with salt and serve.

