



**During Chinese New Year, Consuming Black Moss Symbolizes Good Fortune!**  
在农历新年期间吃发菜  
象征好运年年!

**2017**  
YEAR OF THE ROOSTER

**Braised Black Moss Mushrooms With Roasted Pork & Tendons**  
发菜香菇焖烧肉与猪肉筋 @ 5Color Diet: Healthy Recipes

**During Chinese New Year, Consume Black Moss Symbolizes Good Fortune!** Also helps in improving **Joints Health**.

If you ever experience creaking joints or felt stiffness or pain in your joints when you exercise or walk too much, It could be a sign of joint problems! **Pork tendons** are known to be beneficial in improving joints flexibility & lubrication, etc. In addition, **Mushrooms, Black moss, Garlic & Ginger** have antioxidant properties which help to improve joints inflammation & pain, etc. Also, added with **Roasted pork** which enrich this dish's taste & provide **Protein requirement**.



## Braised Black Moss Mushrooms With Roasted Pork & Tendons

**Serving size:** 4 persons.

**Benefits:** Helps to improve joints flexibility, joints inflammation, joints lubrication, boost immune system & provide **Protein requirement**, etc.

### **Ingredients**

Black Moss – 2 hand palm size. (Wash with water & soak in water till soft)

Dried mushrooms (Middle size) – 12-16 pieces. (Wash with water & soak in water till soft)

Dried pork tendons – 8 pieces. (Wash with water & soak in hot water till soft)

Garlic – 4-6 cloves with skin.

Ginger – 4 thin slices.

Goji berries – 20 nos.

Roasted pork (1 inch x 2 inches size) – 12 pieces.

Chicken stock (Low salt version) – 1-2 teaspoons.

Black bean thick soy sauce – 2 teaspoons.

Cooking Oil – 1-2 teaspoons. (Healthier choice: Canola oil, coconut oil, olive oil or walnut oil, etc)

Pepper to taste.

Water – 1250ml = 5 rice bowls.

**\* Daily recommended dosage: Garlic 2-4 cloves; Ginger 250 mg - 2 grams; Goji Berries 15-30 grams & Mushrooms 1-2 cups (75-150 grams).**

### **Preparation**

(1) Put **washed Mushrooms, Pork tendons, Garlic & Ginger slices** in washed clay pot with olive oil & stir fry for 5 minutes then add water and turn on high flame. Once water



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starts to boil, discard the water's impurities then turn to low flame & braise for 3 hours.

(2) After 3 hours, add **washed Black moss, Roasted pork & Seasonings: Chicken stock, Black bean thick soy sauce, Pepper, Salt** into the clay pot & mix well then braise for 1 more hour.

(3) Once final 1 hour is up, discard soup's surface excess oil, add **Goji berries** and stir well. Turn off flame & let the soup steep for 10 minutes before serving.

### **Note**

(1) Suitable for everyone **especially those who have joint problems.**

(2) For those who have **High cholesterol**, remove the roasted pork or take this dish once weekly.

(3) Moderate intake of **Garlic** for those who have **low blood pressure** because **Garlic** will lower the blood pressure.

(4) Moderate intake of **Garlic** for those who have **stomach or digestion problems** because **Garlic** may irritate the gastrointestinal (GI) tract.

(5) **Ginger** might increase your insulin level or lower your blood sugar level so **take in moderation.**

(6) Moderate intake of **Garlic & Ginger** for those who are on **blood thinning medications** or have **bleeding disorders** because **Garlic & Ginger** may slow down blood clotting.

(7) Moderate intake of **Goji Berries** if you are pregnant or breast-feeding because **Goji Berries** contain a chemical known as **Betaine** which may cause miscarriage.

(8) Moderate intake of **Mushrooms** for those who are on **hypothyroidism medication & hyperthyroidism** because the iodine in **Mushrooms** may increase thyroid hormones level.

(9) Moderate intake of **Mushrooms** for those who have **gout or skin allergies**, Auto-immune diseases such as **Multiple Sclerosis, Lupus, Rheumatoid Arthritis, etc** because **mushrooms** may aggravate their symptoms.

(10) **Ginger & Mushrooms** have not enough reliable information about the safety intake for pregnant or breastfeeding women if you are pregnant or breast feeding so **take in**



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### **moderation.**

(11) **Garlic & Ginger** might increase the **risk of bleeding during and after surgery**. Stop taking it at least 2 weeks before a scheduled surgery.

**Caution:** To take this recipe at an interval of  $\frac{1}{2}$  to 1 hours from medications.