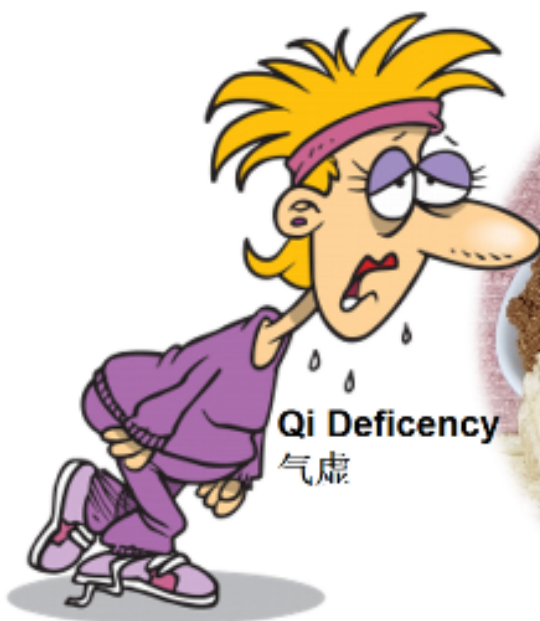


Dang Shen Tea Eggs (Caffeine-Free)

党参茶叶蛋 (无咖啡因)



A healthy way to consume eggs! Specially created this **Dang Shen Tea Eggs (Caffeine-Free)** recipe because tea eggs are very popular in parts of Asia (mainly Taiwan and China), as a savoury snack food and loved by many people. **In Chinese Herbology, Dang Shen** is known to be beneficial for improving respiratory problems like cold, flu, fatigue & **low energy (Qi Deficiency), spleen-stomach low energy (Spleen Qi Deficiency) and aid weight loss**, etc. **Eggs** contain proteins which is beneficial for our body's energy, growth & cell regeneration, etc.

Added with other ingredients like **5-Spice Powder, Licorice and Rooibos Tea**, which their **Antioxidants properties** help to boost immune system and slow down aging process. Also, the **Rooibos Tea** is known for its **Caffeine-Free** content.

Serving size: 5-10 persons.

Prep Time : 10 mins

Cook Time : 3 hours 20 mins

Total Time : 3 hours 30 mins

Benefits: Helps to improve respiratory problems like cold, flu, fatigue & **low energy (Qi Deficiency), spleen-stomach low energy (Spleen Qi Deficiency)**, boost immune system, **aid weight loss** and slow down aging process, etc.

Ingredients A

- (1) Fresh Chicken eggs** - 10 nos.
- (2) Salt** - 1 teaspoon.
- (3) Enough water to cover the eggs.**

Ingredients B

- (1) Dang Shen** - 80 thin slices. (20 grams)
- (2) Licorice**, 1inch length - 5 pieces.
- (3) 5-Spice Powder** - 1 tablespoon.
- (4) Black Soybean Sauce** - 6 tablespoons.
- (5) Soybean Sauce** - 6 tablespoons.
- (6) Brown sugar** - 1 teaspoon.
- (7) Rooibos Tea** - 4 teabags. (2.5 grams per teabag)
- (8) Water** - 1200 ml.

*** Daily recommended dosage of Dang Shen not more than 30 grams = 120 thin**

slices, Licorice not more than 6 grams = 6 pieces of 2 inches length and Rooibos Tea not more than 15 grams.

Preparation

(1) Wash and gently brush the surface of the eggs with a clean toothbrush to remove its impurities. Then put the **Eggs** together with **Salt** in a pot of water enough to cover the **Eggs** and cover the pot with its lid. Boil it over high flame and once it starts boiling, turn off the flame, then let it steep with its lid cover over the pot for 20 minutes. After 20 minutes, put the **Hard-Boiled Eggs** in a pot of iced water for another 20 minutes.

(2) After 20 minutes, remove the **Hard-Boiled Eggs** from the pot and gently tap the **Hard-Boiled Eggs** with the back of a metal spoon, then put them in a bowl.

(3) Combine **Ingredients B and water together** in a pot (Healthier choice: Clay ware, corning ware or glassware), then boil it over high flame. Once it starts boiling, turn to low flame, add the **Hard-Boiled Eggs** and simmer for 3 hours.

(4) After 3 hours, turn off the flame, then steep the **Eggs** for at least 8 hours for richer flavour before serving. You can keep this **Dang Shen Tea Eggs** unpeeled in a tight-sealed container in the refrigerator for up to 3-5 days. Remember to let the **Dang Shen Tea Eggs** cool down before you put them in the fridge. Reheat them before eating or eat them as cold snack.

Note

(1) Suitable for everyone and **especially for those with low energy (Qi deficiency)**. Can take daily except for those who have **high blood pressure & cholesterol**: Advisable to consume in moderation because **Eggs** may cause aggravate their symptoms.

(2) Dang Shen may cause some side effects including dizziness, low blood pressure, nausea, upset stomach & a blood condition called thrombocytopenia, etc so if you experience such symptoms, **do take in moderation**.

(3) Moderate intake of Dang Shen for those who are on **blood thinning medications** or have **bleeding disorders** because **Dang Shen** may slow down blood clotting.

(4) Moderate intake of **Licorice** for those who have chronic abdominal pains, constipation, erectile dysfunction, high blood pressure, kidney problems & low potassium level in blood because **Licorice** may aggravate their conditions.

(5) Moderate intake of **Licorice** for those who have cysts or fibroids related to gynaecological problems because **Licorice** act like estrogen in our body which may aggravate its condition.

(6) Dang Shen, Licorice & Rooibos Tea have not enough reliable information about the safety intake for pregnant or breastfeeding women, so if you are pregnant or breast feeding, do **take in moderation**.

(7) Dang Shen might increase the **risk of bleeding during and after surgery**. In addition, **Licorice** might interfere with blood pressure control during and after surgery. Stop taking **Dang Shen & Licorice** at least 2 weeks before a scheduled surgery.

Caution: To consume this recipe at an interval of $\frac{1}{2}$ to 1 hour from medications. If you are pregnant, breastfeeding or having any medical conditions, please seek your health expert before consuming this recipe.