

Tefal®

Chinese Pear & Sweet Papaya with Yellow Fungus



PROGRAM	PREP	COOK	SERVING
Soup	10 min	30 min	4

INGREDIENTS

1no Yellow fungus, soaked, washed and cut into small pieces
1no Large Chinese pear, cut into quarter
100g Almonds (a mix of bitter and sweet types), soaked
15no Red dates, soaked
1kg Almost ripe Papaya, skinned, deseeded & flesh cut
100g Rock sugar, to taste
1 Litre Water

METHOD

- 1 Place cut pear, papaya flesh and all the other ingredients into Tefal Smart Pro Induction Multicooker. Set to 'Soup' mode and press start.
- 2 This cooking process likely will take 30 minutes.
- 3 Optional: before serving add in some wolfberries.



Recipe by Chef Eric Teo