

Barley with Gingko Nuts & Beancurd Skin



Ingredients :

- 1 small packet pearl barley
- 2 pcs of beancurd skin (make sure to get the type for making dessert soup)
- 30 - 40 ginkgo nuts, removed the shell and skin (u can use the can ginkgo nuts)
- 2 pandan leaves (tie into knots)
- Sugar to taste (for healthy purpose, u can choose to use rock sugar)
- 1 egg (to be beaten)
- 2 litres water

Method:

1. Wash the barley.
2. Pour the 2L water into a big pot
3. Add in barley, ginkgo nuts & pandan leaves. Let it boil for about an 1 hour.
4. Add in the beancurd skin and sugar to taste. Boil for another 30 minutes till the beancurd skin is soft.
5. Before turning off the flame, pour in the beaten egg and give it a stir. You can serve it hot or cold.