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Pork Foot & Peanut Soup

(Adapted from “The Postpartum Recovery Plan: How to Adapt the Ancient Practice of Zuo Yue Zi to Your Patients” by Dr. Lia Andrews)

Ingredients:

2 pork trotters (pig’s feet), have butcher cut each one into 4 pieces
2 inch piece of fresh ginger, sliced
500ml bottle of Chinese black vinegar
1 cup peanuts, raw and peeled
water to cover
¼ cup raw sugar
4 peeled hard-boiled eggs
Black sesame oil to coat pan

Optional Herbs:

Zhi huang qi 20g, Ren shen 9g, Mai men dong 9g, Mu tong 0.9g, Chen Pi 6g.

Preparation:

1. Bring a big saucepan full of water to a boil. Add pork trotters and boil for 5 minutes. Strain trotters and discard water.
2. Coat a large saucepan with black sesame oil and place over medium-high heat. Add ginger and saute until it begins to brown. Add pork trotters and saute until they begin to brown.
3. Add vinegar, peanuts, sugar, and water to cover. Bring to a boil then simmer for 2-4 hours, until trotters are soft.
4. Remove the trotters and the herbs. You can either pick the meat off of the trotters, and return the meat to the soup, or simply just have the soup without them.
5. Add peeled hard-boiled eggs for an additional 10-20 minutes. Remove from heat and serve warm.

How to Eat:

Lactating moms can eat a few times a week to promote abundant breast milk and strengthen their bodies. In cases of scanty milk due to deficiency, eat 1 small bowl twice a day, for three days in a row. This soup can be eaten at any time by anyone for rejuvenation, skin beautification, or joint health.