

Exclusively curated by Madam Partum



Cooking with Yen

17 Nourishing Herbal Soup, 8 Hearty Meals and 3 Delicious Dessert Recipes
Dedicated To Supporting Your Perinatal Journey



PREGNANCY



CONFINEMENT



LACTATION





MADAM
PARTUM
by CHIEN CHI TOW

PREGNANCY

10 MONTHS OF MAGICAL MOMENT

Pregnancy is the most magical moment in a woman's life. You might be overwhelmed by the number of changes that are going to happen to your body - your organs are going to shift as your womb grows or some of you might experience pregnancy symptoms like morning sickness!

A well-balanced diet with grains, vegetables, protein, healthy fats and fibre is a key factor to keeping your baby's healthy development during pregnancy. From a TCM perspective, we view pregnancy care in 2 key aspects, 安胎 and 养胎, to provide the best environment for your baby to grow in the next 10 months.

What is 安胎?

In TCM terms, 安胎 is about the stage where mothers want to stabilise and for the fetus to 'settle-in' so as to prevent any loss during pregnancy. For early stage, miscarriages normally happen due to chromosomal abnormalities that result in the arrest of embryo growth and while that may be correct in some situations, it is not so for all. From a TCM knowledge, the most common cause of early stage miscarriage is due to kidney deficiency or spleen deficiency, hence it's crucial to ensure your kidney is in good health to have a smooth first trimester.

What is 养胎?

养胎 is about nurturing your baby to grow up healthily and steadily with a well-balanced diet for your baby's nutrition absorption. Usually during this stage, it's important to ensure the uterus environment is optimal for the growth of your baby. It's important that mothers have good Qi and blood circulation, and do not have blood stasis that might obstruct nutrients from being delivered to the uterus.

Let's “安胎” and “养胎” with the cooking recipes in this book!



Here's a guide for you
if you have doubts on what to eat!

FOOD TO AVOID

- Black Fungus
- Pineapple
- Shanghai Green
 - Prawns
 - Crab
- Pork Liver
- Frog
- Spicy or oily food
such as mala
- Chilled/Salty food
such as cold salads



FOOD TO EAT

- Spinach
- Sesame
- White Fungus
- Coconut
 - Beans
 - Lotus
- Fish (Seabass)
 - Carrot
- Pork Ribs
 - Milk
- Brown rice

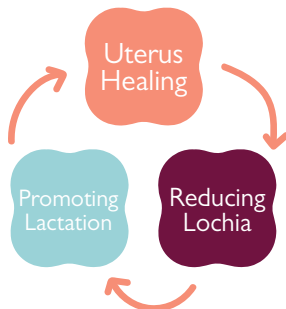


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CONFINEMENT

THE GOLDEN PERIOD OF POSTPARTUM RECOVERY

In Singapore, confinement period is known as “坐月子”, and commonly practised for 28 days. For some, confinement can be up to 42 days. Generally, it takes about 3 to 6 months postpartum recuperation for mummies to regain full vitality and enjoy a total recuperation. Your body went through significant physiological changes during the 10 months of pregnancy and it will take an equivalent amount of time to have a complete recuperation. Therefore, it's important for you to go through proper confinement care and allow your body to recover, Qi and blood to be replenished and to regain vitality for your health.

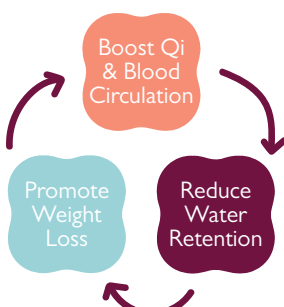
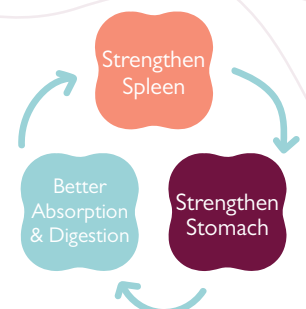


Stage 1 (清+催, 通)

During week 1 of confinement, our focus is to 清+催, 通, which is to aid in uterus healing and promote lactation. As your uterus begins to contract and heal after your childbirth, it's important to reduce any blood stasis and lochia for better uterine recovery. If you are planning to breastfeed, it's also crucial for you to start nourishing yourself and to get a good start in your breastfeeding journey.

Stage 2 (调)

The focus here will be to 调 – for Qi & Blood replenishment. We recommend mothers to consume food and TCM herbs that will aid in regulating the spleen and stomach to help you improve digestion and allow better absorption of nutrients for faster and optimal recovery.



Stage 3 (补&养)

After recuperation is done at stage 2, it sets the spleen and stomach ready for better nutrients absorption. At Stage 3, 补&养, it will be now to nourish your liver and kidney to improve your blood composition and to reduce water retention. Based on TCM studies, a well functioning liver and kidney will facilitate good Qi and blood circulation.

From a TCM perspective, it's important to nourish yourself with various TCM herbal soups so that you can have complete and total postpartum recuperation and healing post delivery. We will recommend consuming foods that are high in protein, iron, calcium and carbohydrates, as well as planning more meals with smaller portions to help with your digestion and nutrient absorption.

	FOOD TO AVOID	FOOD TO EAT
FRUIT 	<ul style="list-style-type: none"> • Citrus • Coconut • Honey Dew • Pear • Pineapple • Pomelo • Sea Coconut • Sugarcane • Watermelon 	<ul style="list-style-type: none"> • Apple • Banana • Papaya • Red/Black Grapes
VEGETABLE 	<ul style="list-style-type: none"> • Cabbage • Capsicum • Cauliflower • Celery • Garlic • Old Cucumber • Radish • Turnip • Watercress • Water Chestnut 	<ul style="list-style-type: none"> • Asparagus • Beans and Peas • Black Fungus • Broccoli • Carrot • Chinese Yam • Corn • Ginger • Green Papaya • Kailan (Dark Green Leafy) • Lemongrass • Lotus Root • Mushroom • Onion • Pumpkin • Potatoes • Spinach • Sweet Potatoes • Tomatoes
PROTEIN 	<ul style="list-style-type: none"> • Duck 	<ul style="list-style-type: none"> • Beef • Chicken(Including Black Chicken) • Innards (Pork Liver) • Lamb • Pork

	FOOD TO AVOID	FOOD TO EAT
SEAFOOD 	<ul style="list-style-type: none"> • Crab • Raw seafood • Shell fish 	<ul style="list-style-type: none"> • Cod Fish • Milk Fish • Salmon • Snapper (Ang Ko Li) • Threadfin • Toman/Snake Head
DRIED FOOD 	<ul style="list-style-type: none"> • Glutinous Black/White Rice • Green Bean • Korean/American Ginseng • Pearl Barley • Sago • South Almond/ North Almond/ Apricot Seed 	<ul style="list-style-type: none"> • Bird Nest • Black Beans • Black Sesame • Brown Sugar • Dried Longan • Gingko • Peanuts • Red/Black Dates • Soya Bean • Tumeric • Walnut • White/Black Pepper • Wolfberries
OTHERS	<ul style="list-style-type: none"> • Caffeine • Century egg • Curry • Dairy (yogurt, butter) • Kaya • Miso • MSG • Oyster Sauce • Salted egg • Spicy Food 	<ul style="list-style-type: none"> • Black Vinegar • Chicken/Fish Essence • DOM/Yomeishu • Eggs • Fermented Black beans • Oats • Peach Gum • Red Glutinous Wine • Rice Wine • Seaweed • Sesame Oil • Tofu • Yellow Wine



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LACTATION

PROVIDING THE BEST NUTRITION FOR YOUR BABY

We know breastfeeding can be hard sometimes but we know it is going to be worth it! With perseverance and the right support, you are well on your way to having a fulfilling and successful breastfeeding journey for yourself and your baby.

During this period, eating a variety of food in moderation is what you need to do! What you eat is what your baby gets. Consuming a wide array of food can also change the flavour of your breast milk but there is nothing to worry about as this is a good opportunity to introduce your baby to different taste, which might help your baby accept solid food as they grow. Nonetheless, focusing on "milk-making" food choices will help boost milk production in the long run. Don't forget your fruits and vegetables too.



50+ MILK-MAKING FOOD¹

Alfalfa
Almonds
Anise
Asparagus
Barley
Basil
Beets
Black Seed
Borage
Caraway
Carrots
Chaste Tree Fruit
Cherries
Chicken broth/soup/stock



Chickpeas (garbanzo beans)
Coconut
Coriander seeds
Cumin
Dandelion
Dill
Fennel
Fenugreek
Flax seeds
Garlic
Ginger
Goat's rue
Green beans
Green papaya
Hibiscus
Hops
Lemon balm
Lentils
Lettuce
Malunggay (moringa)

Marshmallow Root
Millet
Molasses (blackstrap)
Mung
Mushrooms
Nettle
Oats
Peas
Pumpkin
Quinoa seeds
Red Clover
Red raspberry
Sage
Seaweed soup
Sesame seeds
Shatavari
Spinach
Sunflower seeds
Sweet potatoes
Turmeric
Thistles
Vervain

10+ MILK KILLER FOOD²

Black Walnut
Chickweed
Herb Robert (Geranium robertianum)
Lemon Balm
Oregano
Parsley (Petroselinum crispum)
Peppermint (Mentha piperita)/
Menthol
Periwinkle Herb (Vinca minor)
Sage (Salvia officinalis)
Sorrel (Rumex acetosa)
Spearmint
Thyme
Yarrow



MILK-MAKING TCM HERBS

Astragalus 黄芪
Codonopsis 党参
Angelica Roots 当归

Rice Paper Pith 通草
Balloon Flower 桔梗
Ophiopogon Root 麦冬



DO YOU SUSPECT THAT YOUR BABY MAY BE HAVING SOME FORM OF ALLERGIES?
TRY TO ELIMINATE THESE KNOWN ALLERGENIC FOODS FROM YOUR DIET.

COW'S MILK PRODUCTS, SOY, WHEAT, CORN, EGGS, PEANUTS



Reference:

1) Selection and Use of Galactagogues. La Leche League International. <https://www.llli.org/selection-and-use-of-galactagogues-2/>. Last accessed June 1, 2022.

2) Herbs to avoid while breastfeeding. Kellymom.com Website. https://kellymom.com/bf/got-milk/herbs_to_avoid/. Last accessed June 1, 2022.

OVERVIEW OF RECIPES



Pregnancy




Confinement



Lactation

SOUP	Pre-Partum Nourishing Collagen Soup 	Pre-Partum Nourishing Soup	Pre-Partum Pregnancy Care Herbal Soup
DESSERT	Red Bean With Dried Orange Peels Soup	Red Date Snow Fungus Soup	Dried Lily Bulb with Red Date Soup 

SOUP	Postpartum Tonic Soup (Day 1)	Pro Lactation Rice Paper Pith Herbal Soup (Day 2 3)	Qi Boosting Astragalus Herbal Soup (Day 4 5)	Blood Boosting Notoginseng Herbal Soup (Day 6)
	Revitalizing Solomon's Seal Herbal Soup (Day 7 11 15)	Kidney Tonifying Eucommia Herbal Soup (Day 8 12)	Waist Strengthening Chinese Taxillus Herbal Soup (Day 9 13 16)	Blood Nourishing Chinese Angelica Herbal Soup (Day 10 14 17)
	Healthy Spleen Tonifying Herbal Soup (Day 18 22 26)	Stomach Strengthening Codonopsis Herbal Soup (Day 19 23 27)	Hair Fortifying Fleeceflower Herbal Soup (Day 20 24 28)	Brain Nourishing Ligusticum Herbal Soup (Day 21 25)
MAIN	Sesame Wine Chicken	Stir-fry Pork Liver With Sesame Oil	Fried Ginger Rice With Sesame Oil	Braised Pig Trotter With Vinegar
	Ginger Chicken Mee Sua With Egg	Baked Salmon with Chinese Yam And Asparagus 	Braised Pork Belly With Black Fungus	Steamed Threadfin With Mushroom And Tomato

SOUP	Pro Lactation Rice Paper Pith Herbal Soup 	Enhanced Pro Lactation Soup
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Purchase your 28 days confinement herbal bundle



Pre-Partum Collagen Nourishing Soup



Ingredients

1 pack of Pre-Partum Collagen Nourishing Soup

2 pieces chicken thigh

**10 pieces chicken feet
(Optional: For more collagen boost)**

1.5 litre water

SLOW COOKER



~6 hours

DIRECT FIRE



~2 hours

PRESSURE COOKER



~1 hour

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Steps to cook

- Blanch the chicken thigh (and feet, if using) and set aside.
- Add 1.5 litres of water and all the ingredients into the preferred pot.
- Cook over recommended duration.
- Add Wolfberries 10 minutes before it's ready to serve.

Pre-Partum Collagen Nourishing soup is specially designed to provide you with an excellent source of collagen, protein and anti-inflammatory properties. The soup comes with fish maw and white fungus to nourish your 'Yin' energy, kidney deficiency and helps with healing. Improving skin condition for both mother and baby.

The soup pack comes complete with TCM herbs to boost your immune system and keeps you away from falling sick and catching cold. The TCM herbs also improve your 'Qi' and blood circulation and boost your liver stagnation which improves your metabolism and blood flow to the uterus.

Pre-Partum Nourishing Soup

Ingredients

**300-400g chicken/
pork ribs**

**1 pack Madam
Partum's Pre-Partum
Nourishing Soup**

1 litre water

SLOW COOKER



~3 hours

DIRECT FIRE



~1 hour

PRESSURE COOKER



~30 minutes

Steps to cook

- Blanch chicken or pork by pouring hot water over it and soak for 5 minutes.
- Add 1 litre of water and all the ingredients into the preferred pot
- Cook over the recommended duration.
- Add Wolfberries 10 minutes before it is ready to serve.

Our Pre-Partum Nourishing Soup helps prepare mummies by providing curated TCM herbal soup to boost & replenish 'Qi' and energy and to enhance mummies' immune system during her pregnancy.

Pre-Partum Pregnancy Care Herbal Soup

Ingredients

**15g chinese taxillus
root**

10g eucommia bark

1 egg

**A handful of rock sugar
(optional)**

*Tips: Cook with pork ribs
or black chicken for
a savoury version!*

Steps to cook

- Boil the egg for about 7 minutes and remove shell.
- Add 1 litre of water into the pot, add all ingredients into the preferred pot and cook over high heat until it is boiling.
- Simmer over a low heat for a further 60 minutes.

A simple yet nourishing herbal soup to improve liver and kidney function while nourishing the blood and protect the foetus during your pregnancy.

Red Bean Soup With Dried Orange Peels



Ingredients

**1.5 cups red beans
(赤小豆)**

**1 piece of
dried orange peels**

1.5 litre water

**A handful of rock
sugar**

Steps to cook

- Boil all the ingredients (except rock sugar) with water for 15 minutes.
- Simmer over low heat for a further 30-45 minutes.
- Add a handful of rock sugar, according to your preference.

*Based on TCM perspective, there are two types of red beans, known as 红豆 or 赤小豆. 红豆 are generally bright red and round. 赤小豆 is dark red and oval.



Popular dessert for mummies-to-be troubled with water retention!

Red beans* (赤小豆) soup helps to reduce water retention and dried orange peels are known herbs to improve “Qi” circulation, digestion and bloating.

Red Dates Snow Fungus Soup

Ingredients

8 red dates

20g snow fungus

10g wolfberries

20g lotus seeds

**A handful of rock
sugar**

1 litre water

Steps to cook

- Boil all the ingredients (except rock sugar) with water for 15 minutes.
- Simmer over low heat for a further 30-45 minutes.
- Add a handful of rock sugar, according to your preference.



Perfect dessert of the day for mommies-to-be! Snow fungus helps to nourish the spleen, lung and immune system as well as increase appetite during pregnancy.

Dried Lily Bulb With Red Date Soup

Ingredients

**20 dried lily bulbs
petals**

20 dried longan

20 dried lotus seeds

20 red dates

1.5 litre water

**A handful of rock
sugar**

Steps to cook

- Boil all the ingredients (except rock sugar) with water for 15 minutes.
- Simmer over low heat for a further 30-45 minutes.
- Add a handful of rock sugar, according to your preference.

A dessert contains vital properties to soothe and promote lung health and improves fluid and skin complexion.

Postpartum Tonic Soup

Ingredients

**1 pack Madam
Partum's Post
Partum Tonic Soup**

750ml water

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Steps to cook

- Soak all the herbs (except the tibetan saffron red flower) in water for 30 minutes.
- Cook on high heat and turn heat down to simmer for 1 hour.
- Strain the herbs from soup.
- Add all Tibetan Saffron into the soup and let it soak further for 10 minutes before consuming.

Specifically formulated to clear lochia after birth and prevents blood clots with the help of promoting postpartum uterus recovery.

Pro Lactation Rice Paper Pith Herbal Soup



Ingredients

300g green or unripe papaya (Popular in Asia for centuries. Eating the unripe papaya help to increase the production of oxytocin hormone that regulates milk production)

300g fish heads/fish bones/ fish meat

Few slices of fresh ginger

1 tbsp sesame oil

1 pack Madam Partum's Pro Lactation Rice Paper Pith Herbal Soup

1 litre water

SLOW COOKER



~3 hours

DIRECT FIRE



~1 hour

PRESSURE COOKER



~30 minutes

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Steps to cook

- Remove papaya skin and cut into big chunks.
- Stir fry sliced ginger and fish with sesame oil.
- Add 1 litre of water and boil with all the herbs (except Wolfberries) for 30 minutes.
- Add green papaya and simmer for 30 minutes.
- Add fish meat for another 10 minutes.
- Add Wolfberries 10 minutes before it is ready to serve.

Specifically formulated to increase breast milk production naturally, promote urination and removes dampness in body.

Qi Boosting Astragalus Herbal Soup

Ingredients

**300-400g chicken or
pork ribs**

**1 pack
Madam Partum's
Qi Boosting
Astragalus
Herbal Soup**

1 litre water

SLOW COOKER



~3 hours

DIRECT FIRE



~1 hour

PRESSURE COOKER



~30 minutes

Steps to cook

- Blanch chicken or pork by pouring hot water over it and soak for 5 minutes.
- Add 1 litre of water and all the ingredients into the preferred pot
- Cook over the recommended duration.
- Add Wolfberries 10 minutes before it is ready to serve.

Specifically formulated to accelerate wound healing and boost Qi for better health.

Blood Boosting Notoginseng Herbal Soup

Ingredients

**300-400g chicken or
pork ribs**

**1 pack of Madam
Partum's Blood
Boosting Notoginseng
Herbal Soup**

1 litre water

SLOW COOKER



~3 hours

DIRECT FIRE



~1 hour

PRESSURE COOKER



~30 minutes

Steps to cook

- Blanch chicken or pork by pouring hot water over it and soak for 5 minutes.
- Add 1 litre of water and all the ingredients into the preferred pot.
- Cook over the recommended duration.
- Add Wolfberries 10 minutes before it is ready to serve.

Specifically formulated to clear blood stasis and promote blood circulation

Revitalizing Solomon's Seal Herbal Soup

Ingredients

**300-400g chicken
or pork ribs**

**1 pack of
Madam Partum's
Revitalizing Solomon's
Seal Herbal Soup**

1 litre water

SLOW COOKER



~3 hours

DIRECT FIRE



~1 hour

PRESSURE COOKER



~30 minutes

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Steps to cook

- Blanch chicken or pork by pouring hot water over it and soak for 5 minutes.
- Add 1 litre of water and all the ingredients into the preferred pot
- Cook over the recommended duration.

Specifically formulated to revitalize and nourish Yin in the body and improves lung function.

Kidney Tonifying Eucommia Herbal Soup

Ingredients

**300-400g chicken
or pork ribs**

**1 pack of
Madam Partum's
Kidney Tonifying
Eucommia Herbal Soup**

1 litre water

SLOW COOKER



~3 hours

DIRECT FIRE



~1 hour

PRESSURE COOKER



~30 minutes

Steps to cook

- Blanch chicken or pork by pouring hot water over it and soak for 5 minutes.
- Add 1 litre of water and all the ingredients into the preferred pot
- Cook over the recommended duration.
- Add Wolfberries 10 minutes before it is ready to serve.

Specifically formulated to strengthen kidney, liver and waist and nourish blood in the body.

Waist Strengthening Chinese Taxillus Herbal Soup

Ingredients

300g pig's tail

**1 pack of
Madam Partum's Waist
Strengthening Chinese
Taxillus Herbal Soup**

1 litre water

SLOW COOKER



~3 hours

DIRECT FIRE



~1 hour

PRESSURE COOKER



~30 minutes

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Steps to cook

- Blanch chicken or pork by pouring hot water over it and soak for 5 minutes.
- Add 1 litre of water and all the ingredients into the preferred pot
- Cook over the recommended duration.

Specifically formulated to strengthen waist, bone and muscle.

Blood Nourishing Chinese Angelica Herbal Soup

Ingredients

1 black chicken

**1 pack of
Madam Partum's
Blood Nourishing
Chinese Angelica Herbs**

1 litre water

SLOW COOKER



~3 hours

DIRECT FIRE



~1 hour

PRESSURE COOKER



~30 minutes

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Steps to cook

- Cut the black chicken into 4 pieces.
- Blanch chicken by pouring hot water over it and soak for 5 minutes.
- Add 1 litre of water and all the ingredients into the preferred pot.
- Cook over the recommended duration.
- Add Wolfberries 10 minutes before it is ready to serve.

Specifically formulated to nourish blood and Qi and promote blood circulation in the body.

Healthy Spleen Tonifying Herbal Soup

Ingredients

½ kampung chicken

**1 pack of Madam
Partum's Healthy
Spleen Tonifying Herbs**

1 litre water

SLOW COOKER



~3 hours

DIRECT FIRE



~1 hour

PRESSURE COOKER



~30 minutes

Steps to cook

- Cut kampung chicken into 4 pieces.
- Blanch chicken by pouring hot water over it and soak for 5 minutes.
- Add 1 litre of water and all the ingredients into the preferred pot.
- Cook over the recommended duration.

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Specifically formulated to strengthen the spleen and nourish Qi in the body.

Stomach Strengthening Codonopsis Soup

Ingredients

1 pig's stomach

**1 pack Madam
Partum's Stomach
Strengthening
Codonopsis Herbs**

1 litre water

SLOW COOKER



~3 hours

DIRECT FIRE



~1 hour

PRESSURE COOKER



~30 minutes

Steps to cook

- Blanch pig's stomach by pouring hot water over it and soak for 5 minutes.
- Add 1 litre of water and all the ingredients into the preferred pot.
- Cook over the recommended duration.

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Specifically formulated to strengthen the digestive system and warm stomach in the body.

Hair Fortifying Fleeceflower Herbal Soup

Ingredients

1 black chicken

**1 pack of
Madam Partum's
Hair Fortifying
Fleeceflower Herbs**

1 litre water

SLOW COOKER



~3 hours

DIRECT FIRE



~1 hour

PRESSURE COOKER



~30 minutes

Steps to cook

- Cut black chicken into 4 pieces.
- Blanch chicken by pouring hot water over it and soak for 5 minutes.
- Add 1 litre of water and all the ingredients into the preferred pot.
- Cook over the recommended duration.

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Specifically formulated to nourish the blood by supporting hair growth and maintaining healthy scalp and follicles.

Brain Nourishing Ligusticum Herbal Soup

Ingredients

300g salmon head

**Few slices of
fresh ginger**

**1 pack Madam
Partum's Brain
Nourishing Ligusticum
Herbal Soup**

1 litre water

SLOW COOKER



~3 hours

DIRECT FIRE



~1 hour

PRESSURE COOKER



~30 minutes

Scan here to
watch video



Steps to cook

- Stir fry sliced ginger and fish with sesame oil.
- Add 1 litre of water and all the ingredients into the preferred pot.
- Cook over the recommended duration.
- Add Wolfberries 10 minutes before it is ready to serve.

Specifically formulated to relieve headache and pain, boost brain function and improve memory.

Sesame Wine Chicken

Ingredients

1 medium sized old ginger (sliced), about the size of your thumb

250g diced chicken

2 tbsp sesame oil

125 ml water

125 ml rice wine

1/2 tbsp light soy sauce (to taste)

1/2 tbsp wolfberries (soaked in water first)

Steps to cook

- Stir fry ginger with sesame oil until it becomes light brown or aromatic.
- Add in chicken pieces and stir fry until they are cooked on the surface.
- Add in Rice Wine and Water on a 1:1 ratio, and light soy sauce for taste.
- Turn to medium heat until it boils.
- Simmer in low heat for 20 – 30 minutes before serving.

One of the all-time favourite confinement dishes, and it's a dish which everyone in the family can also enjoy!

Stir-fry Pork Liver With Sesame Oil

Ingredients

**1 medium-sized ginger
(sliced), about the size
of your thumb**

250g pork liver

2 tbsp sesame oil

**1 spring onion
(cut into 2 inches long)**

Steps to cook

- Slice the pork liver.
- Stir fry ginger with sesame oil until it becomes light brown or aromatic.
- Add in Pork Liver to stir-fry until it is partially cooked.
- Add spring onion and stir-fry until pork liver is fully cooked.

The nutrient-packed dish contains a significant amount of folate and iron. In TCM perspective, it helps to improve blood circulation and remove blood stasis.

Fried Ginger Rice With Sesame Oil

Ingredients

1 bowl white rice

2 beaten eggs

½ bowl chopped ginger

1 chopped spring onion

**2 tbsp soy sauce
(less sodium)**

1 tbsp cooking wine

1 tbsp sesame oil

Steps to cook

- Stir fry chopped ginger with sesame oil until it becomes light brown or aromatic.
- Add white rice and continue to stir fry it.
- Add the beaten egg into the rice (do not stir it).
- Add soy sauce and cooking wine.
- Flip and toss constantly to cook the rice and egg evenly.
- Sprinkle spring onion.

Braised Pig Trotter With Vinegar

Ingredients

**1 bottle of black
vinegar (750ml)**

**1 bottle of water
(use the black vinegar
bottle)**

200g ginger (sliced)

2 pig trotter

5 tbsp brown sugar

2 tbsp sesame oil

6 hardboiled egg

A pinch of salt

Steps to cook

- Cut pig trotter into pieces and blanch it by pouring hot water into it and soak for 5 minutes.
- Peel off ginger skin and crush the ginger gently.
- Stir-fry ginger with sesame oil until it becomes light brown or aromatic.
- Add black vinegar, water, pig trotter and hard-boiled eggs.
- Cook on high heat until it is boiling and then turn to low heat for 1.5 hours or until the meat becomes tender.
- Add salt and gula melaka (brown sugar).

One of the must-have and popular confinement dishes during confinement, this collagen-packed dish is believed to warm the womb and purge the “wind” from childbirth.

Ginger Chicken Mee Sua With Egg

Ingredients

30-50g chopped ginger

**1 boneless chicken
drumstick**

1 egg

2-3 pcs mushroom

**1 Mee Sua (it is salty
and hence it needs to
be blanched separately)**

1 chopped spring onion

1 tbsp sesame oil

Steps to cook

- Blanch the mee sua and set aside.
- Stir fry chopped ginger with sesame oil until it becomes light brown or aromatic.
- Add the egg and fry it until it's fully cooked.
- Add water, chicken and mushroom.
- Add soy sauce and boil it for 3 minutes or until it is cooked.
- Add the soup into mee sua and it is ready to be served. You can also sprinkle spring onion.

Baked Salmon With Chinese Yam And Asparagus



Ingredients

150g-200g salmon

50g chopped ginger

30g chopped garlic

**2 tablespoon soy sauce
(less sodium)**

1 tbsp sesame oil

1 tbsp honey

**2 stalks asparagus
(or as much you
would like)**

Steps to cook

- Marinate the salmon with soy sauce, sesame oil and honey, chopped ginger and garlic.
- Bake it at 190 Degrees for 15 minutes.
- Remove Chinese Yam skin and cut into cubes.
- Steam Chinese Yam for 20-30 minutes.
- Mash it with fork and mix well with salt, butter and pepper.
- Remove asparagus skin and boil with hot water for 2-3 minutes.
- Ready to serve with plating.

Braised Pork Belly With Black Fungus

Ingredients

250g pork belly (sliced)

**50g black fungus
(sliced)**

20g ginger (sliced)

2 tbsp sesame oil

4 tbsp soy sauce

**1 stalk spring onion
(cut 2 inches long)**

Steps to cook

- Stir fry ginger with sesame oil until it becomes light brown or aromatic.
- Add Pork belly and Black Fungus and stir-fry until it is partially cooked.
- Add Soy sauce to braise it for another 15 minutes in low heat.
- Sprinkle spring onion before serving.

Steamed Threadfin With Mushroom And Tomato



Ingredients

200g threadfin fillet

3 dried shiitake mushrooms

**1 tomato
(cut into wedges)**

1 tbsp shredded ginger

**1 tbsp soy sauce
(less sodium)**

1 tbsp sesame oil

50ml water

Steps to cook

- Soak shiitake mushrooms in hot water for 30 minutes and slice into strips.
- Place threadfin on a deep plate suitable for steaming and add sliced shiitake mushrooms, cut tomato and shredded ginger on fish.
- Add water, soy sauce and sesame oil.
- Steam on high heat for 10-15 minutes (or until flesh has turned white, and a knife can be easily inserted into flesh).

Pro Lactation Rice Paper Pith Herbal Soup



Ingredients

300g green or unripe papaya (Popular in Asia for centuries. Eating the unripe papaya help to increase the production of oxytocin hormone that regulates milk production)

300g fish heads/fish bones/ fish meat

Few slices of fresh ginger

1 tbsp sesame oil

1 pack Madam Partum's Pro Lactation Rice Paper Pith Herbal Soup

1 litre water

Steps to cook

- Remove papaya skin and cut into big chunks.
- Stir fry sliced ginger and fish with sesame oil.
- Add 1 litre of water and boil with all the herbs (except Wolfberries) for 30 minutes.
- Add green papaya and simmer for 30 minutes.
- Add fish meat for another 10 minutes.
- Add Wolfberries 10 minutes before it is ready to serve.

SLOW COOKER



~3 hours

DIRECT FIRE



~1 hour

PRESSURE COOKER



~30 minutes

Scan here to watch video



Specifically formulated to increase breast milk production naturally, promote urination and removes dampness in body.

Enhanced Pro Lactation Herbal Soup

Ingredients

1 black chicken

1 pack of Madam Partum's Enhanced Pro Lactation Soup

1.5 litres water

SLOW COOKER



~3 hours

DIRECT FIRE



~1 hour

PRESSURE COOKER



~30 minutes

Steps to cook

- Cut black chicken into 4 pieces.
- Blanch chicken by pouring hot water over it and soak for 5 minutes.
- Add 1.5 litres of water and all the ingredients into the preferred pot.
- Cook over the recommended duration.

Enhanced TCM herbal formula to help regulate Qi and blood circulation for breastfeeding mothers to boost milk supply.