

## Chinese Sweet Soup (*Tian Tang*)

<http://userealbutter.com/2012/01/19/chinese-tian-tang-sweet-soup-recipe/>

1/2 cup dried lotus seeds  
24 dried red dates  
24 dried longan  
1/2 cup dried white fungus  
1/4 cup rice cake, diced  
1/3 cup ginkgo nuts  
2-3 tbsps sugar or to taste (you can use brown sugar if you prefer)

Soak the lotus seeds in water for an hour. Drain. In a small saucepan, bring 3 cups of water to a boil and add the lotus seeds. Reduce to a simmer and cook for an hour or until the lotus seeds are tender. Remove from heat and drain. Set aside. Rinse the dried red dates and dried longan with water. In a medium saucepan, bring 6 cups of water to a boil. Add the dates and longan to the water and reduce to a simmer. Simmer for 20 minutes. The water should turn a tea color. While the dates and longan are simmering, soak the dried white fungus in a bowl of cold water. It should soften within a few minutes. When the white fungus is rehydrated, rinse off any dirt then cut off the hard base and rip the fungus into bite-size pieces. After the dates and longan have simmered for 20 minutes, add the lotus seeds, white fungus, rice cake, and ginkgo nuts to the soup and let simmer for another 15 minutes. Add sugar to taste. Serve hot or cold. Serves 4-6.