

A Type of *Bak Kut Teh* Drink

Technical Field

This invention involves the foodstuff technical field, specifically a type of *bak kut teh* (literally, meat bone tea) drink.

Background

Bak kut teh is an ethnic food of the *Han*, popular in Southeast Asia, and Fujian and Guangdong Provinces, a custom of eating bones and meat, while drinking tea. *Bak kut teh* is prepared by simmering meat and bones with various Chinese herbs and seasonings, and despite its name, there are no tea leaves or tea amongst the ingredients. Instead, it is common to drink tea while eating *bak kut teh* to dissolve the greasiness of the meat, hence it became known as *bak kut teh*, the dialect for “meat bone tea”.

Currently, commonly used Chinese herbs in *bak kut teh* includes Chinese angelica root, ligusticum, wolfberries, longan, cinnamon, cloves, star anise, licorice etc.; seasonings include salt, white pepper, garlic etc. Currently, the commonly used Chinese herbs for making *bak kut teh* infuse a rich taste to the broth, but these Chinese herbs are unable to maximally release the hemoglobin and cysteine amino acids from the meat, as well as collagen, calcium phosphate, osseomucoids etc. from the bones, creating a loss in nutrition. Furthermore, if eaten in excess, the existing *bak kut teh* recipe easily creates excessive heatiness; and it has average effects on reducing blood lipid levels and lowering blood pressure.

Description of Invention

This invention describes a type of *bak kut teh*, which resolves the existing disadvantages of its rich taste, inability to maximally release the nutrients in the meat, tendency to cause heatiness if eaten in excess, and its average effects in reducing blood lipid levels and lowering blood pressure etc.

This invention uses the following technical plans:

A type of *bak kut teh* drink, prepared using the following procedure:

(1) Prepare the meat or bones, Chinese herbs and spices based on a 100:1:0.5 ratio by weight, of which the Chinese herbs are based on the following proportions of Chinese medicinal herbs by weight: 1 – 2 parts pearl powder, 5 – 8 parts Mongolian snakegourd seeds, 5 – 8 parts Japanese pagoda tree pods, 5 – 8 parts powdered kudzu root, 5 – 8 parts hawthorn fruits, 1 – 2 parts tortoise shell, 1 – 2 parts Siberian ginseng, and 1 – 2 parts coastal Glehnia root; the spice bag is based on the

following proportions of Chinese medicinal herbs by weight: 0.1 – 0.2 part black pepper, 0.1 – 0.2 part white pepper, 0.2 – 0.3 part table salt, 0.3 – 0.5 part garlic powder, 0.3 – 0.5 part Super Seasoning, 0.3 – 0.5 part rock sugar;

- (2) Soak the meat or bones in hot water for 5 minutes;
- (3) When the water has come to a boil, add meat or bones, Mongolian snakegourd seeds, Japanese pagoda tree pods, and tortoise shell and boil on high heat for 20 minutes before reducing to low heat and continue to simmer for 2.5 hours; during the simmering process, add powdered kudzu root, Siberian ginseng, coastal Glehnia root, hawthorn fruits and pearl powder in batches every 30 minutes;
- (4) Add spices and cook over medium heat for 3 – 5 minutes;
- (5) Allow to cool to room temperature and strain to remove the herbs, meat and bones, and package the broth to get *bak kut teh*.

Preferably, the abovementioned Chinese herbs are based on ingredients with the following proportions by weight: 1 part pearl powder, 5 parts Mongolian snakegourd seeds, 5 parts Japanese pagoda tree pods, 5 parts powdered kudzu root, 5 parts hawthorn fruits, 1 part tortoise shell, 1 part Siberian ginseng, and 1 part coastal Glehnia root; the abovementioned spice bag is based on ingredients with the following proportions by weight: 0.1 part black pepper, 0.1 part white pepper, 0.2 part table salt, 0.3 part garlic powder, 0.3 part Super Seasoning, 0.3 part rock sugar.

Furthermore, the abovementioned Super Seasoning includes 1 – 2 parts monosodium L-glutamate, 1 – 2 parts disodium 5'-inosinate, 1 – 2 parts disodium 5'-guanylate, 1 – 2 parts disodium succinate, 8 – 10 parts mixed vegetable and fruit powder; the abovementioned mixed vegetable and fruit powder comprises of one or more of the following: powdered nappa cabbage, powdered cabbage, powdered carrot, powdered corn, powdered celery, powdered mushroom, powdered *konbu*, powdered tomato, powdered apple, or powdered papaya.

Based on the aforementioned description of this invention, and in comparison with the existing technology, this product has the following advantages:

1. The preparative method of the *bak kut teh* of this invention is the result of the inventor's continued research and repeated experimentation, where depending on the characteristics of the various Chinese herbs, different Chinese herbs are added at different points of the cooking process, to allow the various Chinese herbs to exert their greatest effects. The *ba wei* (eight flavors) Chinese herbs of 1 – 2 parts pearl powder, 5 – 8 parts Mongolian snakegourd seeds, 5 – 8 parts Japanese pagoda tree pods, 5 – 8 parts powdered kudzu root, 5 – 8 parts hawthorn fruits, 1 – 2 parts tortoise shell, 1 – 2 parts Siberian ginseng, and 1 – 2 parts coastal Glehnia root collaboratively enables the maximal release of

hemoglobin and cysteine amino acids from the meat, as well as collagen, calcium phosphate, osseomucoids etc. from the bones into the broth; at the same time, the aforementioned *ba wei* Chinese medicine are basically herbs with heaty or cooling natures, and will not result in heatiness, regardless of amounts consumed; 5 – 8 parts Mongolian snakegourd seeds, 5 – 8 parts Japanese pagoda tree pods, 5 – 8 parts powdered kudzu root, 5 – 8 parts hawthorn fruits have excellent effects in reducing blood lipid levels and lowering blood pressure.

2. The *bak kut teh* of this invention contains pearl powder, which itself contains a variety of amino acids and proteins, and these components can react with the lactic acid released during the simmering of meat and bones, to form iron lactate, ferric ammonium lactate, potassium lactate and sodium lactate etc., which are nutrients that help to replenish the blood and improve the kidneys.

3. The *bak kut teh* of this invention has a multitude of beneficial effects such as clearing away heat and purging pathogenic fire from the body, benefiting the stomach and boosting fluids, moistening the lungs and clearing the phlegm, loosening the bowels to relieve constipation, alleviating rheumatism, improving the liver and kidneys, and strengthening the tendons and bones etc. This *bak kut teh* may be directly drank, or used as soup base for hotpots, instant noodles, rice vermicelli etc., with its rich and unique taste.

Specific Implementation Method

The following lists the detailed implementation examples for this invention.

Implementation Example 1

(1) Prepare 1000 g ribs, 10 g Chinese herbs and 5 g spices based on a 100:1:0.5 ratio by weight, of which the Chinese herbs are based on the following proportions of Chinese medicinal herbs by weight: 1 part pearl powder, 5 parts Mongolian snakegourd seeds, 5 parts Japanese pagoda tree pods, 5 parts powdered kudzu root, 5 parts hawthorn fruits, 1 part tortoise shell, 1 part Siberian ginseng, and 1 part coastal Glehnia root; the spice bag is based on ingredients with the following proportions by weight: 0.1 part black pepper, 0.1 part white pepper, 0.2 part table salt, 0.3 part garlic powder, 0.3 part Super Seasoning, 0.3 part rock sugar; each part of Super Seasoning includes 1 part monosodium L-glutamate, 1 part disodium 5'-inosinate, 1 part disodium 5'-guanylate, 1 part disodium succinate, 8 parts mixed vegetable and fruit powder. The abovementioned mixed vegetable and fruit powder comprises of one or more of the following: powdered nappa cabbage, powdered cabbage, powdered carrot, powdered corn, powdered celery, powdered mushroom, powdered *konbu*, powdered tomato, powdered apple, or powdered papaya;

(2) Soak the meat or bones in hot water for 5 minutes;

(3) When the water has come to a boil, add meat or bones, Mongolian snakegourd seeds, Japanese pagoda tree pods, and tortoise shell and boil on high heat for 20 minutes before reducing to low heat and continue to simmer for 2.5 hours; during the simmering process, add powdered kudzu root, Siberian ginseng, coastal Glehnia root, hawthorn fruits and pearl powder in batches every 30 minutes;

(4) Add spices and cook over medium heat for 3 minutes;

(5) Allow to cool to room temperature and strain to remove the herbs, meat and bones, and package the broth to get *bak kut teh*.

Implementation Example 2

(1) Prepare 1000 g bones, 10 g Chinese herbs and 5 g spices based on a 100:1:0.5 ratio by weight, of which the Chinese herbs are based on the following proportions of Chinese medicinal herbs by weight: 1.2 parts pearl powder, 5.6 parts Mongolian snakegourd seeds, 6 parts Japanese pagoda tree pods, 6.3 parts powdered kudzu root, 5.7 parts hawthorn fruits, 1.1 parts tortoise shell, 1.25 parts Siberian ginseng, and 1.2 parts coastal Glehnia root; the spice bag is based on ingredients with the following proportions by weight: 0.12 part black pepper, 0.12 part white pepper, 0.23 part table salt, 0.36 part garlic powder, 0.4 part Super Seasoning, 0.42 part rock sugar; each part of Super Seasoning includes 1.5 parts monosodium L-glutamate, 1.5 parts disodium 5'-inosinate, 1.5 parts disodium 5'-guanylate, 1.5 parts disodium succinate, 8.5 parts mixed vegetable and fruit powder. The abovementioned mixed vegetable and fruit powder comprises of one or more of the following: powdered nappa cabbage, powdered cabbage, powdered carrot, powdered corn, powdered celery, powdered mushroom, powdered *konbu*, powdered tomato, powdered apple, or powdered papaya;

(2) Soak the meat or bones in hot water for 5 minutes;

(3) When the water has come to a boil, add meat or bones, Mongolian snakegourd seeds, Japanese pagoda tree pods, and tortoise shell and boil on high heat for 20 minutes before reducing to low heat and continue to simmer for 2.5 hours; during the simmering process, add powdered kudzu root, Siberian ginseng, coastal Glehnia root, hawthorn fruits and pearl powder in batches every 30 minutes;

(4) Add spices and cook over medium heat for 5 minutes;

(5) Allow to cool to room temperature and strain to remove the herbs, meat and bones, and package the broth to get *bak kut teh*.

Implementation Example 3

(1) Prepare 1000 g lean meat, 10 g Chinese herbs and 5 g spices based on a 100:1:0.5 ratio by weight, of which the Chinese herbs are based on the following proportions of Chinese medicinal herbs by weight: 2 parts pearl powder, 8 parts Mongolian snakegourd seeds, 8 parts Japanese pagoda tree pods, 8 parts powdered kudzu root, 8 parts hawthorn fruits, 2 parts tortoise shell, 2 parts Siberian ginseng, and 2 parts coastal Glehnia root; the spice bag is based on ingredients with the following proportions by weight: 0.2 part black pepper, 0.2 part white pepper, 0.3 part table salt, 0.5 part garlic

powder, 0.5 part Super Seasoning, 0.5 part rock sugar; each part of Super Seasoning includes 2 parts monosodium L-glutamate, 2 parts disodium 5'-inosinate, 2 parts disodium 5'-guanylate, 2 parts disodium succinate, 10 parts mixed vegetable and fruit powder. The abovementioned mixed vegetable and fruit powder comprises of one or more of the following: powdered nappa cabbage, powdered cabbage, powdered carrot, powdered corn, powdered celery, powdered mushroom, powdered *konbu*, powdered tomato, powdered apple, or powdered papaya;

(2) Soak the meat or bones in hot water for 5 minutes;

(3) When the water has come to a boil, add meat or bones, Mongolian snakegourd seeds, Japanese pagoda tree pods, and tortoise shell and boil on high heat for 20 minutes before reducing to low heat and continue to simmer for 2.5 hours; during the simmering process, add powdered kudzu root, Siberian ginseng, coastal *Glehnia* root, hawthorn fruits and pearl powder in batches every 30 minutes;

(4) Add spices and cook over medium heat for 5 minutes;

(5) Allow to cool to room temperature and strain to remove the herbs, meat and bones, and package the broth to get *bak kut teh*.

The aforementioned methods are specific implementation methods for this invention, but the design concept of this invention is not limited to these methods; any acts that seek to use this concept to make nonspecific changes to this invention constitute as infringement upon the protected rights of this invention.

CLAIM

1. A type of bak kut teh (literally, meat bone tea) drink, with its special characteristics are in the following preparative procedure:

(A) Prepare the meat or bones, Chinese herbs and spices based on a 100:1:0.5 ratio by weight, of which the Chinese herbs are based on the following proportions of Chinese medicinal herbs by weight: 1 — 2 parts pearl powder, 5 — 8 parts Mongolian snakegourd seeds, 5 — 8 parts Japanese pagoda tree pods, 5 — 8 parts powdered kudzu root, 5 — 8 parts hawthorn fruits, 1 — 2

parts tortoise shell, 1 — 2 parts Siberian ginseng, and 1 — 2 parts coastal Glehnia root; the spice bag is based on the following proportions of Chinese medicinal herbs by weight: 0.1 — 0.2 part black pepper, 0.1 — 0.2 part white pepper, 0.2 — 0.3 part table salt, 0.3 — 0.5 part garlic powder, 0.3 — 0.5 part Super Seasoning, 0.3 — 0.5 part rock sugar;

(B) Soak the meat or bones in hot water for 5 minutes;

(C) When the water has come to a boil, add meat or bones, Mongolian snakegourd seeds, Japanese pagoda tree pods, and tortoise shell and boil on high heat for 20 minutes before reducing to low heat and continue to simmer for 2.5 hours; during the simmering process, add powdered kudzu root, Siberian ginseng, coastal Glehnia root, hawthorn fruits and pearl powder in batches every 30 minutes;

(D) Add spices and cook over medium heat for 3 — 5 minutes;

(E) Allow to cool to room temperature and strain to remove the herbs, meat and bones, and package the broth to get bak kut teh;

wherein the Super Seasoning includes 1 — 2 parts monosodium L-glutamate, 1 — 2 parts disodium 5'-inosinate, 1 — 2 parts disodium 5'-guanylate, 1 — 2 parts disodium succinate, 8 — 10 parts mixed vegetable and fruit powder.

2. The type of bak kut teh described by Claim 1, with its special

characteristics as described: the aforementioned Chinese herbs are based on ingredients with the following proportions by weight: 1 part pearl powder, 5 parts Mongolian snakegourd seeds, 5 parts Japanese pagoda tree pods, 5 parts

powdered kudzu root, 5 parts hawthorn fruits, 1 part tortoise shell, 1 part Siberian ginseng, and 1 part coastal Glehnia root; the abovementioned spice

bag is based on ingredients with the following proportions by weight: 0.1 part black pepper, 0.1 part white pepper, 0.2 part table salt, 0.3 part garlic powder, 0.3 part Super Seasoning, 0.3 part rock sugar;

3. The type of bak kut teh described by Claim 1 or 2, with its special characteristics as described: the aforementioned Super Seasoning includes 1 — 2 parts monosodium L-glutamate, 1 — 2 parts disodium 5'-inosinate, 1 — 2 parts disodium 5'-guanylate, 1 — 2 parts disodium succinate,

8 — 10 parts mixed vegetable and fruit powder; the abovementioned mixed vegetable and fruit powder comprises of one or more of the following:

powdered nappa cabbage, powdered cabbage, powdered carrot, powdered corn, powdered celery, powdered mushroom, powdered konbu, powdered tomato, powdered apple, or powdered papaya.