

Abstract

A type of *bak kut teh* (literally, meat bone tea) 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; (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*. This *bak kut teh* invention requires the addition of different Chinese herbs at different points of the cooking process, to allow the various Chinese herbs to exert their greatest effects; in addition, Japanese pagoda tree pods, powdered kudzu root, and hawthorn fruits are great for reducing blood lipids and lowering blood pressure, *ba wei* (eight flavors) Chinese medicine are basically heaty or cooling in nature, and will not result in excessive heatiness, regardless of amounts consumed.