曾镜雄师傅认为，健康与吃素是息息相关的。每次谈及养生料理，他都会以清淡的口味为基础概念，而该料理也必须是百分之百适合所有的人来食用。

"腐皮珍菌石榴包"便是在这样的概念下创制的养生料理。馅料都以菇菌类为主，高纤美味，精致小巧，更容易入口，因此，不论男女或老少都适合食用。

腐皮珍菌石榴包
4人份

用料
清油适量、腐皮1张、香茹15克（切丁）、鲍鱼菇15克（切丁）、松菇15克（切丁）、韭菜适量（泡软切丝）、鸡汤150毫升、马铃薯粉少许（加少许AOX水混匀）

调味料（混匀）
蚝油1小匙、鸡精粉½小匙、白糖适量、盐⅕小匙、麻油适量、花雕酒适量

装饰料
西兰花4小朵（切丁烫熟）、老姜丝20克（炸至金黄色）

做法
1. 烧热清油，放入腐皮炸至起泡便可捞起，接着放入AOX水中浸软待用。
2. 准备馅料：烧热清油，把香菇、鲍鱼菇和松菇一起炒至香熟。加入调味料拌炒后待凉。
3. 把腐皮剪成圆片，分别包裹适量馅料成石榴形，用韭菜丝扎紧。
4. 把鸡汤煮滚，放入石榴球热煮后盛起盘中。
5. 把剩余的鸡汤加入马铃薯粉水勾芡，淋在石榴球上。
6. 缀以西兰花和老姜丝即可。

Steamed "Pomegranate" with Assorted Mushrooms
serves 4

Ingredients
some oil, 1 pc bean curd skin, 15g shiitake mushrooms (diced), 15g oyster mushrooms (diced), 15g shimeji mushrooms (diced), some Chinese chives (soak and cut into strips), 150ml chicken stock, some potato starch (mix with some AOX water)

Seasoning
1 tsp oyster sauce, ½ tsp chicken seasoning powder, some sugar, ⅕ tsp salt, some sesame oil, some Chinese cooking wine (hua diao jiu)

Garnishing
4 florets broccoli (dice and blanch until cooked), 20g shredded old ginger (deep-fry until golden brown)

Method
1. Heat up oil. Deep-fry bean curd skin until crispy and remove. Soak in AOX water until soft and set aside.
2. Prepare Filling: Heat up oil. Add shiitake mushrooms, oyster mushrooms and shimeji mushrooms. Stir-fry until fragrant and cooked. Add Seasoning and toss well. Remove and leave to cool.
3. Cut bean curd skin into round shape. Wrap in Filling to form the shape of a pomegranate. Secure tightly with Chinese chive strips.
4. Bring chicken stock to a boil. Cook "pomegranates". Remove and arrange on plate.
5. Thicken remaining chicken stock with potato starch mixture. Drizzle over "pomegranates".
6. Garnish with broccoli and shredded ginger.