



# Food Museum Recipes

Cantonese Cashew, Carrot & Corn Soup



This recipe uses simple, everyday ingredients and is completely vegetarian. Cashews are used here for natural sweetness and richness, though pork bones are traditionally used for nourishment. Feel free to adapt the soup with other vegetables, legumes, or even fruits such as apples or conference pears.

Cantonese soup-making is rooted in balancing the body's yin and yang. Ingredients are chosen carefully according to the season and the body's needs — cooling, heat-clearing soups for summer, and warming, replenishing ones for cooler months. This recipe was developed by Valen Chan, one of our brilliant volunteers who has been with the museum since spring 2025.

### Ingredients

- Cashew nuts – 1 handful
- Carrot – 1 medium, peeled
- Corn – 1 medium cob
- Onion –  $\frac{1}{2}$ , peeled
- Salt – to taste
- Water – about 1 litre, or enough to just cover the ingredients

### Method

1. Peel the carrot and cut it into medium-sized cubes.
2. Cut the corn cob into sections.
3. Slice the onion into strips.
4. Add all the prepared ingredients to a pot and pour in the



water, ensuring it comes slightly above the ingredients.

5. Bring to a boil over high heat, then reduce to a gentle simmer. Cook for 1 hour. For a deeper, fuller flavour, you can simmer for up to 2 hours.
6. Season with salt to taste just before serving.



To watch the video recipe, simply  
scan the QR code.



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