

Healthy & Delicious Hot Pot Soup Base Recipes

[This CNY, try these simple broth recipes by hot pot restaurant Jpot.](#)

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Forget store-bought soup bases for your hot pot, make your own with these easy recipes. By Deborah Lin

If there's one thing we love about Chinese New Year, it's steamboat. There's just something about the communal experience of gathering around a boiling pot – dunking morsels of meat, rescuing stalks of veggies, scooping up yet another bowl of soup, and demanding to know who stole the precious last piece of abalone you put in.

Plus, hot pot is much healthier than CNY goodies (we're talking about you, pineapple tarts and bakkwa) - [just be sure to avoid these mistakes](#). Also, choose your soup base right. Clear broth tends to be lighter than spicy (read: lots of chilli oil) and thick ones that contain ingredients like ground peanuts.

If you're hosting a steamboat party at home, make your own broth from scratch with meat bones, suggests Jaclyn Reutens, clinical dietitian at [Aptima Nutrition & Sports Consultants](#). Your homemade broth will contain significantly less sodium than the prepared stock sold in supermarkets.

Or try your hand at these recipes from [Jpot Singapore](#). (Monosodium glutamate is banned at the six-year-old establishment and you'll be able to tell the difference. Jpot's soup won't leave you feeling thirsty like those laden with sodium.) "It's a big plus that they do not use sodium-laden stock cubes," adds Jaclyn.



Jpot Hot Pot Soup Base Recipe: Superior Broth (serves 4)

Prep time: 10 minutes | Cook time: 3.5 hours

Ingredients

5 litres water

500g pork

1kg pig's leg bone

500g chicken

White pepper to taste

Directions

1. Bring water to the boil on high heat.
2. Add ingredients to pot and remove scum.
3. Reduce heat to low and simmer for three hours.
4. Add a dash of pepper before serving.



Jpot Hot Pot Soup Base Recipe: Vegetarian Broth (serves 4)

Prep time: 10 minutes | Cook time: 3.5 hours

Ingredients

3 litres water

200g carrots

300g grams of turnip

2 sprigs mao bamboo cane root

100g chestnuts

Directions

1. Bring water to the boil on high heat.
 2. Reduce heat to low and add all ingredients.
 3. Simmer for three hours before serving.
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