

6 How to prepare delicious oats for the elderly and the sick

The following article, TipsMake.com would like to introduce you 6 ways to make delicious, nutritious bird's nest for the elderly and the sick.

Salanganes'Nest (bird's nest) is a valuable food, a valuable remedy derived from nature contains many nutrients and minerals necessary to nourish human health, especially for the elderly, when Their immunity is affected, and their body parts gradually weaken. The following article, TipsMake.com would like to introduce you **6 ways to make delicious, nutritious bird's nest for the elderly and the sick** . Stay tuned!

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6 ways to prepare delicious oats, nutritional supplements for the elderly, the sick

Some notes when preliminary processing and distillation of bird's nest



Because preparing the bird's nest properly is the most important part of the bird's nest process, we will dedicate this section to providing you with relevant information, so stay tuned!

About cleaning oats: If you use refined oats, you can skip the preliminary processing. However, if you use fresh oats (raw oats), you must definitely follow this procedure.

First, soak the bird's nest with water for about 1-2 hours (depending on the thickness of the bird's nest) until you see the thread of the bird's nest gradually removed, drain. Next, use tweezers to remove all the feathers and impurities in the bird's nest and then separate them into strands and place them on the sieve.

Next, you sift the sieve into the water, use a spoon to stir gently and lift the sieve up and down so that the remaining hairs follow the water out. This process can be repeated several times if the bird's nest has not been completely cleaned, but you must remember to change the water constantly to be effective. Finally, you can completely drained oats can be distilled immediately or stored in the refrigerator.

About soaking oats: For fresh oats that have previously been soaked and cleaned, you will not need to perform this step. With refined oats, you also soak in water to make it soft and soft, make sure not to use hot water because it will melt the bird's nest, lose nutrients, should only use water at room temperature or a little water small warmth.

Refined bird nest soaking time is usually about 20 - 30 minutes. This is not a mandatory time, you need to pay attention to the type of bird nest you use to adjust the time of soaking and boiling water later (as picture) properly, combining tracking to make more process, see when Any soft nest, the yarn is out of stock.

About the deodorization of the bird's nest smell: Raw bird's nest will have a characteristic fishy smell, almost like the smell of chicken egg white. To eliminate the fishy smell of the bird's nest, you should add a few slices of ginger while preparing the bird's nest. Ginger can also increase the flavor of food as well as neutralize the welding of the oats. If you do not want to use more ginger, more time, effort, you can use the refined bird's nest directly.

How to make oats with cordyceps



Prepare

1. Bird's nest: 5gr (refined bird's nest) or 20gr of fresh bird's nest
2. Cordyceps: 1-2 children
3. Rock sugar: 1-2 small spoons (depending on taste)

Making

1. **Step 1:** The first stage to do is preliminary processing oats (if using fresh oats), soaking soft oats and expanding and separating into fibers, picked out to dry water. Cordyceps you also washed and drained.
2. **Step 2:** You add about 200ml to the pot, add the alum sugar to boil until the sugar is completely melted, then add the cordyceps into the distillation and alum sugar to cook, then turn off the heat.
3. **Step 3:** In this stage, you distill the prepared bird's nest for 20-30 minutes, then open the lid, pour the mixture of sugar water, cordyceps into stir and continue for 5 minutes. done.

How to make bird's nest with red apple, lotus seeds, longan, ginkgo and alum sugar (bird's nest)



Prepare

1. Bird's nest: 5gr (refined bird's nest) or 20gr of fresh bird's nest
2. Lotus seeds: 30gr
3. Dried red apples (jujube): 5 - 8 fruits
4. Longan: 2 small spoons (about 4-5 pieces of flesh)
5. Ginkgo: 5gr
6. Rock sugar: 1-2 small spoons (depending on each person's taste)

Making

1. **Step 1:** First, you perform the process of preliminary processing, soaking oats as described at the beginning of the lesson, then continue to prepare other ingredients. For dried longan, soak in warm water so that they bloom evenly, softly, then rinse with other ingredients.
2. **Step 2 :** Next will be the processing of lotus seeds. If you prepare a dried lotus seed, you must soak it first with warm water for 45 minutes, then rinse it and place it in a pan with a little water to soften the lotus seeds. With fresh lotus seeds, remove the skin, remove the heart with a toothpick (so it doesn't have a bitter taste), wash it thoroughly, and place in a pan with enough water. Fresh lotus seeds will soften faster, so you should adjust the cooking time appropriately, so that the lotus seeds do not become mushy.

3. **Step 3:** Keep track of lotus seeds have shown signs of softness, you put red apples, longan, ginkgo and a little alum sugar (custom sweetness) into the next module, note that when you boil, you should put low heat to seeds are cooked evenly. You watch until you feel the cooked seeds, the water secreted from the seeds during the cooking process.
4. **Step 4:** At this time, you put the bird's nest into a separate ceramic bowl with lid, distillation bowl or bowl and then use a lid, water-proof for about 30 minutes. Note, the amount of water in the pot should only flood about 80% of the bowl / bowl / bowl to ensure water does not overflow into the nest during cooking.
5. **Step 5:** In the final stage, you add the steamed bird's nests to a mixture of lotus seeds, red apples, longan, ginkgo and continue to boil for less than 5 minutes, so you have a cup of fragrant quartary bird's nest Delicious used to nourish the elderly, the sick already.

How to make oats with red apples, lotus seeds, goji berries, rock sugar



Prepare

1. Bird's nest: 5gr (refined bird's nest) or 20gr of fresh bird's nest
2. Lotus seeds: 30gr
3. Dried red apples (jujube): 5 - 8 fruits
4. Goji berries: 10gr
5. Rock sugar: 1-2 small spoons (depending on each person's taste)

Making

Basically, the way of making oats with red apples, lotus seeds, goji berries and rock sugar is similar to the recipe of the four treasured bird's nest above, only replacing the material of longan and ginkgo by goji berries. You can refer to the recipe in the recipe above.

How to make bird's nest with lotus seeds and pineapple leaves



Prepare

1. Bird's nest: 5gr (refined bird's nest) or 20gr of fresh bird's nest
2. Lotus seeds: 30gr
3. Pineapple leaves: 5 leaves
4. Rock sugar: 1-2 small spoons (depending on each person's taste)

Making

1. **Step 1:** The first step, you preliminary processing and soaking oats, remove impurities and drain.
2. **Step 2:** Dry lotus seeds you soak in warm water for 45 minutes, then rinse and put in the pot to cook with water until cooked. If you use fresh lotus seeds, peel, remove the heart of the lotus, wash it, and add water

to boil. Pineapple leaves at this time you also washed, cut into pieces and then boiled with lotus seeds to make the water secreted from the leaves to create a delicious, cool for the mixture.

3. **Step 3:** Swallow's nests were washed, distillation of water for 20-30 minutes, pour the mixture of freshly made lotus leaf and lotus seeds into the mix, continue boiling for 5 minutes to turn off the stove and use.

How to make oats with red apples, chia seeds and rock sugar



Prepare

1. Bird's nest: 5gr (refined bird's nest) or 20gr of fresh bird's nest (prepared and picked up)
2. Dried red apples: 5 - 8 fruits
3. Chia seeds: 1 small spoon
4. Rock sugar: 1-2 small spoons (depending on taste)

Making

1. **Step 1:** You prepare the bird's nest, soak the bird's nest in a cup and let it dry.
2. **Step 2:** Next, you add about 300ml of water and 1-2 tablespoons of alum sugar to boil for sugar to melt, then add dry red apples and let the stove simmer. This will help sweeten the secretions in the apple and make it softer when used.
3. **Step 3:** Part of the bird's nest has just been processed, you put it in a retard or porcelain bowl with a lid to keep the water for about 30 minutes, then open it to add a mixture of sugar apples, chia seeds, just mix and stir. . Finally, continue to boil for 5 - 10 minutes until you see the seeds expand, turn off the heat and remove from the heat.

How to make bird's nest with saffron and honey



Prepare

1. Bird's nest: 5gr (refined bird's nest) or 20gr of fresh bird's nest (prepared and picked up)
2. Honey: 2 spoons
3. Saffron: 8 - 10 fibers

Making

1. **Step 1:** First, you have to prepare and soak the bird's nest according to the previous process we mentioned, let it dry.
2. **Step 2:** You put the bird's nest in a porcelain bowl or a bird's nest with a lid, keep the water for 30 minutes, after boiling water, make sure to reduce the heat to soften the oats everywhere.
3. **Step 3:** At the same time, you mix honey with warm water (about 500ml), then add the honey and saffron water and bird's nest, add another 5 minutes, turn off the heat, turn it out and cook for the elderly. , sick people enjoy.

In addition to the 6 formulas that we mentioned above, you can refer to how to make simple, delicious alum sugar oats without spending a lot of time and without preparing a lot of ingredients here.

The effects of bird's nest and other raw materials on the elderly, the sick



The above bird's nest recipes use a number of other processing materials besides bird's nest, let us learn the use of bird's nest and these ingredients for the health of the elderly and the sick.

Oats

The main uses of bird's nest are: Strengthening health and increasing vitality; enhance digestion and metabolism in the body to absorb nutrients well; minimize constipation; Complementary alleviate cough, dissolve sputum, improve respiratory ability; strengthen, restore impaired excretory function of the kidneys, potentially improve the circulatory function of the heart.

Recently, medicine also discovered that this food contains a lot of important antioxidant nutrients, which have a great effect in preventing and supporting cancer treatment.

Cordyceps

Cordyceps is a medicinal material with very special growth characteristics with half body larvae, half herbs. They bring great benefits for the elderly such as: Strengthening immune activities; enhance liver function; restoration of nephrotic function; Reduce the amount of cholesterol in the blood, stabilize blood pressure; effective treatment for respiratory diseases; fighting fatigue and weakness in the elderly; .

Red Apple

Red apples support the effective treatment of low blood pressure, hepatitis, increase blood pressure, good for the brain, prevent colds due to heat, .

Lotus seeds

Not only a delicious dish, lotus seed is also a valuable medicine in the treatment of many diseases such as insomnia, headaches, anti-blood loss and good for pregnant women, diarrhea and remedies. folk, anti-aging and skin beauty, .

Goji berries

Goji berries are a component of many decoctions, alcohol soaked to delicious dishes. Goji berries help users increase eyesight, support joint pain, improve lung function, adjust blood pressure, detoxify the liver, beautify the skin and boost the immune system.

Honey

Honey has long been considered a panacea for health care and beauty for everyone. It has the main effects of: Supporting treatment of stomach and colon pain; treat sore throat, hoarseness, dry cough, have phlegm; good wound healing and disinfecting; not rhinitis, sinusitis, support asthma treatment; support the treatment of arthritis; improve sleep quality; improve vision; .

Saffron

Saffron (Saffron) is a valuable herb that works to: Improve sleep disorders; hormonal balance; improve the digestive system; Good for cardiovascular health; vision improvement; prevent the development of cancer cells; treating scars, dark spots, improving skin moisture; .

Chia seeds

Chia seeds are a fairly common nutritious seed, including the main uses for the health of users: Preventing diabetes, providing a lot of fiber, supplementing with Omega 3 fatty acids, containing antioxidants , good for teeth and bones, provides protein for the body, .

Pineapple leaves (Glutinous leaves)

Pineapple leaves are often known to increase the deliciousness of the dish, but few people notice that it also has other great uses such as toning nerves, treating hypertension, eliminating the feeling of tension. straight, worried or treat joint aches and rheumatism.

Humiliation

The longan is the longan - a product of the preliminary processing and drying of longan pulp. The longan effect: Fostering health, supporting cardiovascular problems; anti subcutaneous bleeding; support for the treatment of insomnia or hypnosis; anti anorexia; .

Ginkgo

Ginkgo biloba (or Ginkgo biloba) is a valuable medicinal herb often used in remedies or some healthy food. Ginkgo can treat long-term cough, help improve cerebral blood circulation, support treatment of macular degeneration, vestibular syndrome, tinnitus, anxiety, stress.

You should also note that, with individual conditions and illnesses of individual users, some ingredients may be on the list of contraindications, not recommended. Therefore, before making oats with any ingredients, you should carefully study the ingredients and foods that are not suitable for the health status of users!

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