



Tradition Chinese Medicine: Chicken Soup

Prep Time: 5 minutes
Cook Time: 3 hours
Yield: 6 servings

INGREDIENTS

4 chicken thighs (or 1 whole chicken)
3 pork neck bones or 3 oz of lean pork
or pork ribs
5 slices ginger
3 slices Chinese dried wild yam
4 long pieces astragalus root
4 long pieces codonopsis root
6-8 dried jujube
1-2 tbsp goji berry
10-12 cups water
salt to taste

DIRECTIONS

1. Bring a pot of water to boil, then add the chicken leg quarters and pork bones or meat.
2. Blanch for 3-5 minutes. You should see a lot of proteins and scum float to the surface. Drain the water.
3. To a large clean pot, add the blanched chicken, pork bones, and sliced ginger. Give all the herbal ingredients a quick rinse, then add them to the pot (except for goji berries, which we will add at the end).
4. Add 10-12 cups of water. Bring everything up to a boil.
5. Once it's boiling, skim off any extra foam or scum on the surface. Lower the heat so that the water is at a gentle simmer, then cover the pot with the lid. Let it simmer for 2.5-3 hours, or until chicken is fall apart tender. Make sure the soup doesn't boil too hard during this time, otherwise you'll experience more evaporation (we want to keep as much soup as possible), and the chicken may end up tough.
6. After 2.5-3 hours, add the goji berries. These will only take a few minutes to rehydrate in the soup.
7. Season with salt to taste. Enjoy!



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Recipe adapted from:
<https://smellylunchbox.com/chinese-herbal-chicken-soup/#recipe>