

Ginger Chicken Soup Recipe

(Tinolang Manok Filipino Recipe)

Ingredients: Serves 6

200 g raw papaya, peeled and cut into serving pieces
1 kg whole chicken, cut into serving pieces
1½ liters water
30 g ginger, peeled and sliced into rounds
2 tablespoons corn oil
3-4 cloves garlic, peeled and crushed
2 tablespoons fish sauce
1 tablespoon salt
50 g malunggay leaves, substitute with spinach or watercress

Method:

Blanch chicken pieces in hot boiling water for a while and then remove and rinse under cold running tap water to remove scum and blood. Leave aside. Heat oil in a casserole and sauté garlic and ginger until aromatic for about 1 minute. Add chicken pieces and brown chicken lightly, then pour in the water. Simmer chicken until almost tender, about 20 minutes. Add papaya and season with fish sauce and salt. Allow to simmer over medium heat until chicken is fully cooked and papaya is tender, about 10 more minutes. Stir in malunggay leaves. Heat through. Serve hot with additional fish sauce, if desired.

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