

Ginseng Chicken Soup Recipe

Ingredients:

1 small free-range chicken, about 600 to 800 g
8 ginkgo nuts, shelled and peeled
8 chestnuts, shelled and peeled
3 tablespoons glutinous rice, soaked 30 minutes and drained
4 Chinese dried red dates, seeded
1 dried ginseng root
1 tablespoon sesame oil
1 tablespoon pine nuts, toasted
Salt and pepper to taste
Coriander for garnish

Method:

Clean chicken and dry well. Mix sesame oil into glutinous rice. Stuff glutinous rice into chicken cavity and add ginkgo nuts, chestnuts, dried dates and ginseng root. Close cavity with a wooden skewer. Place chicken into a large pot and add enough water to cover. Bring to a boil, and reduce to a slow simmer for an hour. Season to taste with salt and white pepper. Garnish with coriander and toasted sesame seeds. Break up chicken at the table and mix with glutinous rice mixture. This should be a soupy stew.

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