

Herbal Coconut Chicken Soup Recipe

(Malaysian Soup Recipe)

Ingredients:

10 g pak kei (Astragalus membranaceus)
10 g kei chi (lycium chinense mill)
10 g tong sum (Radix Codonopsitis)
6 Chinese red dates, seeded and slit
Half a chicken (preferably free-range and about 750 g), skinned
1 big old coconut, husk removed
Salt to taste

Method:

Saw 3½ cm off the top of the coconut and keep this portion as a lid. Retain the coconut meat but drain off coconut water. Wash clean. Scald the coconut in a pot of hot water for 5-10 minutes (to remove the bitter taste). Stand coconut in a big bowl filled with water. Cut chicken into bite-sized pieces. Scald chicken with hot water for 5 minutes and drain well. Bring 2 cups water in a saucepan to a boil. Add herbs and boil for 10 minutes. Add chicken meat and simmer for 5 minutes. Remove scum, if any, around the top. Pour the boiled soup into the coconut and cover with the lid. Steam coconut for 1½ to 2 hours. Add salt to taste before serving.

Note: Old coconuts can be bought in the wet markets and Chinese herbs are obtained from Chinese medicinal stores.

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