



人蔘
雞湯

GINSENG CHICKEN SOUP

Tonifies Yuan Qi.

Tonifies Spleen Qi and harmonizes the Stomach.

Tonifies Lung Qi and strengthens the Wei (defensive) Qi.

INGREDIENTS

- 1 whole chicken
- 20 g (0.71 oz) ginseng (red) or American ginseng
- 20 pieces jujube (red)
- 30 g (1.1 oz) lycium
- salt, to taste

Makes 4 servings

PREPARATION

- Remove giblets from cavity of chicken. Wash the chicken thoroughly.
- Place 10g ginseng, 10 pieces jujube, and 10g lycium inside the chicken.

COOKING

- Place the chicken (breast-side up) in a stock pot.
- Add 1000cc of water, 10g ginseng, 10 pieces jujube and 20g lycium to the stock pot.
- Cover the lid and bring to a boil, then reduce to medium heat.
- Simmer for 30 minutes or until chicken softens. Season with salt to taste. Serve.