

Double-Boiled American Ginseng

with Carrot and Chicken Soup



SOUP •

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Ingredients:

- Chicken (quarter, skinless) 300gm
- Carrot (cube) 60gm
- White fungus 100gm
- Wolfberry 10gm
- Ginseng 30gm
- Chicken stock 600cc
- Seasoning (salt/pepper) to taste

Option:
Chicken can be
replaced with
Pork/Lamb/
Beef



Serving Size: 2 pax

Method of cooking:

- Heat up a pot of water till boiling point
- Add in chicken and cook for 1 minute
- Drain and wash chicken under running tap water, followed by drain dry
- Place the chicken, ginseng, carrot, white fungus, and chicken stock in a slow cooker/pot
- Heat on low heat for 2 hours
- Remove the existing oil from the surface of the soup
- Serve

Tips

- Always check with your doctor prior to consuming any Chinese herbs