



sprout

Chinese chicken soup

Ingredients: (Serves 6)

4 garlic cloves, thickly sliced
Thumb-sized piece ginger, thinly sliced
4 spring onions, thinly sliced
1 bunch of coriander, stems finely chopped and leaves picked
½ cup Shaoxing wine
½ cup soy sauce
zest and juice of 1 orange
4 star anise
2 cinnamon quills
1 whole chicken
500ml reduced-salt chicken stock
300g dried egg noodles
250g snow peas, sliced
1 bunch of choy sum, cut into 5cm lengths

Method:

1. Combine garlic, ginger, spring onions (white part only), coriander stems (reserve leaves), Shaoxing wine, soy sauce, orange zest and juice, star anise, cinnamon quills and chicken stock in a large stock pot. Add chicken and enough water to just cover. Bring to the boil over high heat. Reduce to a simmer and cook for 45 minutes or until chicken is cooked and broth is flavorful. Skim off impurities occasionally.
2. Remove chicken carefully with tongs and transfer to a chopping board. Carve and shred chicken meat. Strain and discard solids from broth, and return to pot to stay warm.
3. Meanwhile, bring a medium saucepan of water to the boil. Cook noodles according to packet directions. Add snow peas and choy sum for the final minute of cooking. Drain and divide noodles and greens between serving bowls.
4. Add chicken to serving bowls, then ladle over hot broth. Finish with green part of spring onion and reserved coriander leaves.