

NATIVE CHICKEN HERBAL SOUP



COOKING INSTRUCTIONS

Completely thaw KP Asli Frozen Native Chicken before dish preparation.

1. Soak all the herbs except red dates and wolfberries in a large bowl with enough water. Set aside for 30 minutes.
2. Clean and cut KP Asli Native Chicken into pieces, according to your consumption preference.
3. Blanch the chicken pieces in boiling water with 3 to 4 slices of ginger. This helps remove dirt and blood water from the bones. It also prevents foam buildup on the surface of the soup, resulting in a clear soup.
4. Then, remove the blanched chicken from the water and place into a soup pot.
5. In the soup pot, add water and the soaked herbs to the chicken. Bring soup to a boil and then simmer for 30 to 40 minutes.
6. Add the red dates and wolfberries, and continue simmering for another 30 minutes.
7. Season with salt according to taste preference before serving. This soup is best served warm.

SERVES 3 to 4 servings

PREPARATION TIME 30 mins

COOKING TIME 60 mins

INGREDIENTS

- 1kg KP Asli Frozen Native Chicken
- 3L water
- 1 small thumb ginger, sliced
- salt, to taste

Herbal mix

- 2 tbsp wolfberries
- 6 red dates, pitted
- 20g Codonopsis Root
- 10g Soloman's Seal
- 20g Astragalus root
- 20g American ginseng slice
- 20g Sichuan lovage rhizome

KP KITCHEN TIPS!

- You can also use pre-packed herbal mix or for this recipe.
- If you prefer the convenience of a slow cooker pot, this recipe works well in the slow cooker too.

*Cooking times using different cooking methods:
1.5 to 3 hours on stovetop; 2 to 8 hours in the slow cooker;
20 to 30 minutes in the pressure cooker.*

- The longer you cook the herbal mix, the darker, richer and more herby it gets! So start from the suggested cooking time and taste the soup throughout the cooking process to figure out your preferred flavour.
- Chicken on the bone is recommended for this recipe as it is more tender. You can use the chicken breast part for our **Homemade Chicken Nuggets** recipe!