



貴妃
醉雞

DRUNKEN CHICKEN SOUP

Tonifies Qi and Blood.

Invigorates Blood and disperses stagnation.

Warms the Yang and disperses coldness.

Strengthens the Spleen.

INGREDIENTS

- 1 whole chicken
- 1400 cc (1400 ml) rice wine
- 10 g (0.4 oz) cinnamon twigs
- 3 g (0.1 oz) tangkuei
- 3 g (0.1 oz) cnidium
- 3 g (0.1 oz) rehmannia (cooked)
- 30 pieces (0.1 oz) jujube (red)
- 10 g (0.4 oz) lycium
- 5 g (0.2 oz) codonopsis
- 10 g (0.4 oz) astragalus
- 3 g (0.1oz) licorice

Makes 5 – 7 servings

PREPARATION

- Remove giblets from cavity of chicken. Wash the chicken thoroughly.
- Chop into 3 inch pieces (bone in).

COOKING

- Place chicken pieces in a deep stainless steel pan (do not use Teflon-coated pans). Add the rice wine and all of the herbs. Cover with a lid.
- Bring to a boil. Uncover the pan and ignite the alcohol vapor and wait for the fire to extinguish on its own.
- Cook over medium flame for 30 minutes or until jujube softens.
- Serve hot.