

Asian Gingered Chicken

Soups | October 2005



Restorative and refreshing—this homemade chicken soup recipe is worth carving out a little extra time to make. Jackie perfumes her version with ginger and root vegetables. Before serving, she adds sushi rice or Chinese noodles, sautéed bok choy or fresh spinach, tofu, and fresh herbs. You can also set these ingredients in bowls for guests to stir in.

- 1 4-LB. FREE-RANGE CHICKEN
- 3 QT. WATER
- 1 TBSP. COARSE SEA SALT
- 1 TSP. CRUSHED RED PEPPER
- 2 LARGE ONIONS, HALVED
- 3 STALKS CELERY
- 1 CUP SLICED FRESH GINGER
- 2 SPRIGS FRESH PARSLEY
- 2 SPRIGS FRESH DILL
- 4 CARROTS, PEELED AND SLICED
- 3 PARSNIPS, PEELED AND SLICED
- 1 LARGE SWEET POTATO, PEELED AND SLICED
- 1 HEAD BOK CHOY OR 3 BABY BOK CHOY, SLICED, OR 6 CUPS BABY SPINACH
- 1-2 TBSP. OLIVE OIL
- 5-6 CUPS COOKED CHINESE EGG OR RICE NOODLES
- DICED TOFU (OPTIONAL)
- SNIPPED FRESH CILANTRO (OPTIONAL)
- BASIL LEAVES (OPTIONAL)

Rinse chicken. In a very large pot place the chicken and add the water to cover. Add salt and crushed red pepper. Add onions, celery stalks, ginger, parsley, and dill. Cover and gently simmer (do not boil) for 1½ hours. Remove from heat. Skim any foam. Remove chicken to a cutting board. Remove vegetables, herbs, and ginger with a slotted spoon and discard.

When chicken is cool enough to handle, remove meat from the bones (discard skin and bones). Slice the chicken. Add the sliced chicken, carrots, parsnips, and sweet potato to the pot. Cover and gently simmer about 30 minutes or until vegetables are tender. Salt to taste.

In a large skillet sauté bok choy in 1 to 2 tablespoons olive oil until soft, adding leaves at end (if using spinach, do not cook). Add cooked bok choy or raw spinach and noodles to pot; heat through. Serve with bowls of tofu, cilantro, and/or basil leaves, if desired. Makes 10 to 12 servings.