

Sudorific Chicken Soup

Recipe suitable for:
7 portions

Variation from the [Telly](#)

Preparation:
1 hour

Simmering:
2 hours

Calories per bowl 750ml:
400



Shopping

- 1 whole chicken or
8-9 chicken pieces (thigh/drumstick)
- 3 pack = 350-400g Shitake mushrooms
- 6 medium - big onions
- 2-3 leek
- 2 decent thumbs of ginger
- 2-3 medium hot chilli pods
- chicken stock (cubes)
- 2l water



later

- 1 whole garlic
- 150g Goji Berries

separately

- rice

You may want to adjust the amount of ginger and the chilli. The above gives a decent to hot heat. If you don't like hot food then take most of the chilli seeds out.

This is a very simple to cook dish which can be kept in the fridge for several days and heats up in the microwave very well. We usually have it for 3 days with 2 people.

Take a big pot (6l or so) and chop:



- the mushrooms,
- the leek,
- the ginger,
- the onions,
- the leek
- and the chilli.

I finish with the **chilli** because I want to avoid touching anything that has chilli on it. This way I don't have to clean the chopping board in-between.



There are no rules regarding the shape, but I like things stripy. So I chop everything lengthwise.



For the **chillies** I use fork and a kitchen knife. Some disposable rubber gloves are a good helper as well - and be careful that no seeds jump on the floor when you have kids or pets around.



To prepare the **leeks** chop off the bottom bit to get rid of stalky root bits.

Then remove the outer layer.

To get rid of the dark green leaves, slice round the neck where the outer dark green leaves open. The darker the tougher the material and the very dark bits need removing without losing the brighter bits.

From the inner brighter green leaves chust chop off the tip.

Then slice the whole stem lengthwise starting from the bottom and hold it neatly together at the bottom bit.

Rinse under the tap using the other hand fluffing only the green tips to get the soil out.

If it has a stalky middle bit take it out while trying to keep the layers in position.

Dry gently on a kitchen towel.

Slice into half rings.

Then add **2 litres of water** and the **chicken stock** as advised for the 2l on the packaging, but stay a bit on the lesser side. I prefer to add some liquid concentrated stock to the finished soup as needed.





Rinse **the chicken** and add to the pot. It will add some flavour and thus it is better to not overwhelm it with stock granules at the beginning.

Heat the soup to boil and then **let simmer for 2 hours**

Soak the berries, they will be soft by the time the soup is finished



All that should nicely help against coughs and colds!

Related article: [Cycle of Life](#)

Start preparing the rice so that it will be finished by the time the soup is done.

10 minutes before the soup is done take a **whole garlic**, peel and finely chop.

When the soup is done take it off the heat

- fish out the chicken,
- add the berries including the water,
- the garlic
- and chicken stock to taste

Get the meat of the bone, cut to bite size pieces and put it back into the soup.

Stir.

Then very briefly heat the soup up again, put into bowls, add some rice and...

Enjoy!