



CHICKEN SOUP

FOR THE HEALTHY SOUL

As winter sets in, dreaded colds & flu have arrived, but this winter warmer can be used to help the body fight & relieve symptoms. It has long been called Jewish Penicillin & the Chinese call it a “yang food” or warming dish. They believe it has invigorating properties that transport energy around the body, fighting inflammation & viral diseases. Whatever you choose to call it, we think chicken soup is good for the mind, body & soul.

Ingredients

- 1 organic chicken
- 1 garlic head, cut in half crossways
- 1 Tbsp sliced ginger
- 1 Tbsp grated fresh turmeric
- 4 star anise
- 6 black peppercorns
- 1 chopped onion
- 2 chopped carrots
- 3 sliced celery stalks
- 3 litres water
- 200g cauliflower florets
- 2 peeled & sliced parsnips
- 2 sliced zucchinis
- 200g broccoli florets
- 1 Tbsp tamari
- Parsley

Method

- Rinse the organic chicken & pat dry with paper towel.
- Place it in a large stock pot & add garlic, ginger, turmeric, star anise, peppercorns, onion, carrot & celery.
- Add water & bring to the boil.
- Reduce heat & simmer for 3 hours, until meat falling off the bone.
- Remove & discard chicken bones & skim off any foam.
- Add remaining ingredients & cook for 1 hour or until veggies are tender.
- Serve scattered with parsley.