

GINGER AND CHICKEN SOUP

PUN NIO



INGREDIENTS:

- 1/2 lb. of chicken (chicken tender thawed works well, 3 pieces)
- 3 carrots (12 oz. total), peeled and cut 1 inch by ¼ inch toothpick like slices
- 2 stalks of celery, cut in ½ inch size, use the leaves of the celery, too.
- 4 mini sweet colorful peppers or one big red pepper, cut like carrots
- 2 bay leaves
- 2 shallots peeled and cut thinly
- 4 cloves garlic, peeled and chopped
- 1 tablespoon of ginger, cut like carrots
- 6 1/2 cups of water
- 2 tablespoon of olive oil
- 1 tablespoon of fish sauce
- 1 teaspoon of salt
- ½ teaspoon of pepper
- Optional: for crunch, add ½ cup of bean sprouts

PREPARATION:

1. Cut and chop chicken into ½ inch pieces.
2. Chop shallot, garlic, and ginger, place close together
3. Chop carrots, celery, and sweet peppers, place close together.

DIRECTIONS:

4. In a 2 qt. pot heat 2 tablespoon of olive oil on high.
5. When oil is heated, throw in the shallots, garlic, and ginger. Keep stirring so ingredients don't stick. About 15 seconds, throw in the chicken, stirring constantly.
6. Put teaspoon of salt, and pepper, and then add fish sauce and bay leaves.
7. When chicken looks cooked (not browning), put in carrots, celery, and sweet pepper.
8. Reduce the high heat between medium to high. Stir for about two minutes. Vegetables will render tender.
9. Pour 6 1/2 cups of water into the pot. Stir. Scrape away food that has stuck to the sides of the pot into the soup, these are hidden flavors.
10. Add beansprouts.
11. Let the soup boil for 14 minutes, covered with lid but allow some steam to escape.
12. Turn off the burner. Let the soup sit for 2-4 minutes.
13. ENJOY!

NOTES: Soup will keep for 3-4 days in fridge. For some heat: Add a couple of dashes of Tabasco. For variety: Add leftover rice or cooked vermicelli to your bowl.



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