



## Gourmet Herbal Cuisine Workshop

Orchard Hotel Singapore

Presented by:

# Chan Kwok

Hua Ting Chinese Restaurant

### Double-Boiled Dangshen and Bei Qi Soup with Chicken



Serves 1

#### INGREDIENTS

200g	diced old chicken
50g	diced pork
200ml	water
20g	dangshen ( <i>Radix Codonopsis Pilosulae</i> ), washed Bei Qi
10 g	fresh ginger slice
1	A pinch of salt
1	spring onion stalk

#### Method:

1. Add the chicken and pork together to a pot of boiling water until the meat is par-cooked, then drain and transfer the meat to a double boil pot.
2. Add the fresh water, dangshen, bei qi, ginger slice and spring onion. Season with salt and continue double-boiling over medium heat for about 4 hours.

#### Herb Benefit

##### *Dangshen*

Neutral. Strengthens and supports Qi, tonifies the lungs and nourishes fluids. Commonly used to treat lack of appetite, fatigue and weakness, diarrhoea, vomiting, shortness of breath and thirst.

##### *Beiqi (Huangqi)*

Warm. Benefits the Qi and blood, supports the protective Qi. Commonly used to treat fatigue, diarrhoea, prolapsed organs, spontaneous sweating and severe loss of blood.