

Martin Yan's CHINA

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Mrs. Yan's Weekly Chicken Soup

Makes 4 servings

- 2 Cornish game hens or one 3 to 4-pound whole chicken
- 6 dried black mushrooms
- 6 thick slices ginger, crushed
- 2 cloves garlic, crushed
- 8 ounces thawed, frozen ginkgo nuts or canned drained garbanzo beans
- 1 tablespoon dried wolfberries (optional)
- 1 cup Chinese rice wine or dry sherry
- 2 tablespoons soy sauce
- 2 teaspoons salt
- 1 teaspoon ground white pepper

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Bring a medium pot of water to a boil over high heat. Add the game hens and boil for 5 minutes. Lift the hens from the pot and set aside. Discard the cooking liquid.

In a small bowl, soak the mushrooms in warm water to cover until softened, about 15 minutes; drain. Discard the stems, quarter the caps and set aside.

Return the clean pot to the stovetop. Add the hens, ginger, and garlic and add enough water to just cover, 8 to 10 cups. Bring to a boil over high heat. Add the ginkgo nuts, wolfberries (if using), mushrooms, wine, soy sauce, salt, and pepper. Reduce heat to medium and simmer, partially covered, until hens are cooked through, about 1 hour.

Ladle soup into bowls and serve.

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