



SUMMERY CHICKEN SOUP

For 4 people

INGREDIENTS

500 g organic chicken fillets 150 g carrots 150 g celery sticks 150 g fennel 100 g Shiitake mushrooms 2 cm ginger 2 garlic cloves ½ red chili 1 bunch coriander 1 bunch spring onions 2 tbsp brown cane sugar/palm sugar 4 tbsp soy sauce 1 litre water

METHOD

Chop the ginger and garlic.

Put two teaspoons of cane sugar and 100 ml water at medium heat in a high pan – don't stir, just wait until half of the sugar and water dissolve.

In the meantime, fry the diced ginger and garlic for around five minutes. Add a bit more water if too much liquid evaporated. Add the organic chicken fillets and fry them at medium heat. Cut the carrots, celery sticks, Shiitake mushrooms and fennel into 5cm sticks. Cut the spring onions into diamond-shaped bits and keep half of them aside. As soon as the chicken fillets are golden brown, add soy sauce, vegetables and 1 litre of water. Add half of the coriander to the soup (but keep it in a bunch) and simmer for 15 minutes at medium heat.

Remove the chicken fillets from the soup and use two forks to tear the meat into small stripes. Return the chicken meat to the soup and simmer for another five minutes.

Serve the soup in four soup plates, decorated with spring onions and coriander. Add soy sauce if you like.