

## **Stewed Chicken Soup with Mushroom and Water Chestnut**

### **Ingredients:**

1 small chicken (about 2 lbs)  
1 1/2 ounces mushrooms  
3 ounces carrots  
3 ounces water chestnut  
2 slices ginger  
1 teaspoon chinese cooking wine  
5 cups of boiled water

### **Instructions:**

1. Wash chicken. Allow to cook in boiling water for 3 mins. Remove and rinse.
2. Peel carrots. Cut into thick slices. Peel and halve water chestnuts. Soak, trim and mushroom. Squeeze out excess water. Mix well with 1 teaspoon of oil.
3. Put into steaming bowl. Add chicken, wine, ginger, carrot , water chestnut and boiled water. Cover and put the bowl into steaming pot. Double boil over high heat for 30 minutes. Lower heat and double boil for 2 hours more. Season with salt and light soy sauce.

<http://www.valuerecipes.com/index.php/article/articleview/36/1/14/>