

Garlic Chicken Soup

May promote inner heat, a good winter dish to ward off colds.

Ingredients:

1 whole chicken

2 1/2 ounces garlic cloves

A:

4 1/2 cups water

3 tablespoon chinese cooking wine

1 1/2 teaspoon salt

Instructions:

Wash chicken, scald in boiling water ; remove and rinse under cold water.

Wash garlic cloves, trim off the ends and remove the skins. Stuff the chicken with half of the garlic cloves. Place the chicken, the rest of the garlic cloves, and (A) in a steam pot, cover with a lid and steam in a steamer for 1 hour and 40 mins until tender.

<http://www.valuerecipes.com/index.php/article/articleview/29/1/14/>