

Black-boned Chicken & Chinese Yam Soup

Eastern Nutrition Class

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Ingredients

One whole black-boned chicken (Silky Chicken)
10 cups water (enough to cover chicken)
1 pound fresh Shan Yao (Chinese Yam)
5 Chinese dates (medium size)
6 sliced ginger (9 grams)
3 tsp cooking wine
1 tsp rice vinegar
0.5 tsp sea salt



Ingredient Functions

- **Black-boned Chicken** – Sweet & Neutral. It enters Spleen, Liver, and Kidney channels. It nourishes liver & kidney Yin and strengthens spleen & tonify Middle-Jiao.
- **Shan Yao** – Sweet & Neutral. It enters Lung, Spleen, and Kidney channels. It is good to tonify the Qi, nourishes Lung, Spleen and Kidney Yin, and binds the essence.
- **Chinese Dates** – Sweet & Warm. It enters Spleen and Stomach. It nourishes the blood, calms the spirit, and strengthens the spleen.
- **Ginger** – Acrid & Warm. It enters Lung, Spleen, and Stomach. Ginger is commonly used with Chinese dates to harmonize the Wei Qi and Ying Qi.

Recipe Functions

It is good to nourish the Yin, tonify the Qi, and strengthen the spleen.

Applications

- For night sweating caused by Yin deficiency.
- Wasting and thirsting disorder
- For lack of appetite and loose watery stool caused by Spleen Qi deficiency

Directions

- Cut Shan Yao into 1 inch cubes.
- Combine black-boned chicken, Shan Yao, water, Chinese dates, and sliced ginger in a large pot and bring to a boil.
- Add cooking wine, vinegar, and sea salt.
- Simmer for a hour (skimming frequently).
- Test chicken with a fork to determine when it is tender and fully cooked.
- Check for flavor, adding more salt and a bit of white pepper if preferable.
- Serve hot.

