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Silkie Chicken Soup

(Adapted from “The Postpartum Recovery Plan: How to Adapt the Ancient Practice of Zuo Yue Zi to Your Patients” by Dr. Lia Andrews)

Ingredients:

1 small silkie (black-boned chicken)
500ml bottle of Shaoxing wine
10 Chinese red dates (hong zao)
¼ cup of goji berries (gou qi zi)
water to cover

Herbs:

Dang Gui 15g, Huang qi 20g, Du Zhong 15g, Fu Ling 10g, Long Yan Rou 6g, Chen Pi 6g,
a few slices of fresh ginger (Sheng Jiang).

Preparation:

1. Bring a large pot of water to boil. Blanch chicken for 5 minutes. Drain and remove chicken from heat.
2. Rinse herbs.
3. Add all ingredients except goji berries to crock pot. Add rice wine and enough water to cover chicken and herbs.
4. Simmer for 5 hours.
5. Strain out herbs, add the dates to the pot. Simmer for 1 hour.
6. Add goji berries (gou qi zi) in the last 10-15 minutes.

Method of Administration:

After cooking, the chicken meat will be very dry. You can 1) discard the chicken with the herbs and drink the broth as a decoction or 2) shred the chicken, discard the bones and herbs, and eat the meat and broth as a soup. Divide into 2 doses per day, over 3 days.