

## Winter Soups

### Oxtail soup.

Yang tonic. Good winter soup for nourishing the blood and warming the body. It is a tonic that strengthens after an illness but is not to be eaten while sick. Good for pregnant women but not good for yang people or if one is too hot internally.

#### Ingredients:

- Oxtail (cut)
- 3 to 4 thumb size pieces of ginger (bashed opened)
- Black beans (1/2 bag)
- Dried tangerine peel – a small amount for flavor. Soak in water till soft, and slice thin.
- Eat 1 to 2 bowls per day for 3 to 5 days. It can be taken every 2 weeks or once a month during the winter.

Boil the tail in water until scum comes to the surface. Pour off the water and wash the tail. Boil the tail again in a large pot with new water. Add other ingredients. Turn to low boil in a covered pot and cook for 4 to 6 hours . When using a lot of ginger in a soup, it should be cooked for a long time to diffuse the power.

tangerine peel



## Chicken soup.

A good tonic for vitality from late fall through early spring (anytime soup). Not to be taken when sick. It can be eaten to recover strength after illness, to maintain enhance one's energy level, and to strengthen ones defensive energy. Mr. Lee prepared this soup by cooking one whole chicken and reducing it to one bowl of liquid without herbs. The method below is the one I use.

### Ingredients

- 1 half of a large chicken (remove skin and fat), cut up.
- Bring the water to a boil in a large pot of water
- Add the chicken and bring back to a boil and skim the scum off the surface.
- Cook at a low rolling boil (pot covered) for 4 to 5 hours until 2 to 3 bowls of liquid remain.
- Add the herbs for the last hour of cooking
- Can add 3 slices of ginger (bashed open) for the last 3 minutes.
- Drink liquid hot. 1 bowl in the AM and 1 at PM, or one bowl / day.
- Eat 1 to 2 times/month in the winter

You can buy these herbs in bulk at Chinese medicine stores and weigh the amounts yourself. Use 5 chin (15 grams) per ingredient and 5 black dates (cut opened). If you do not have a scale, have the herbalist prepare the package for you. There are other herbs that can be added, but these are the foundation. In Montreal, you can buy an herb mix at Aux Herbes d' Orient at 990 St. Urbain (GO6). Ask for the mix to prepare with chicken soup – 5 chin per ingredient.

1. Lycium
2. Dioscoreae
3. Lilly Bulb
4. Polygonatum O.
5. Astragalus
6. Codonopsis
7. Black Dates
8. Lotus seed

