

Chicken Soup with Blaze Mushroom and Chestnuts



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Ingredients:

1 pc	fresh chicken
50 g	blaze mushroom, soak briefly
2 pcs	carrots, sliced
200 g	shelled chestnut
15 g	apricot kernel
3 pcs	candied datedried tangerine peel, soaked and
1 pc	remove pith
about 2 L	boiling water
	salt to taste

Workflow:

1. Boil a pot of water. Blanch chicken for about 8 minutes. Remove and clean.
2. Place the chicken, blaze mushroom, carrots, chestnut, apricot kernels, dates and dried tangerine peel into the stewing pot.
3. Fill with boiling water and cover with lid.
4. Preheat Steam Oven with steam+ to 100°C then place the stewing pot into the oven for about 2 hours.
5. Add salt to taste and serve.

TIP:

The chicken must be blanched before stewing. This procedure keeps the soup clear.

Setting procedure:

Steam+ 100°C
Cooking time: 2 hours.
(Preheated steam oven)

Steam+



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