

Lion's Mane Mushroom Tonic 猴頭菇益腦湯

Makes 4 servings

June
(Brain Power!)

1	dried lion's mane mushroom 猴頭菇
6 oz	fresh mountain yam, sliced or 6 – 8 pieces dried mountain yam 淮山
2 tbsp	dried goji berries, rinsed
8	dried red dates, pits removed
2- 3	chicken legs (thigh and drumstick)
5 – 6 cups	chicken stock
	salt to taste

1. Soak lion's mane mushroom in water to cover until softened, about 30 minutes. When soft, tear into bite-sized pieces. If using dried mountain yam, soak in water to cover until rehydrated, about 20-30 minutes.
2. Remove and discard skin from chicken legs. Poach chicken legs in gently boiling water for 2 – 3 minutes. Drain and rinse off any impurities that may have surfaced.
3. In a stock pot, add all dried ingredients, chicken and enough stock to cover by 1 inch. Bring to a boil, reduce heat and simmer for 1 to 1-1/2 hours. If using fresh mountain yam, add at the last 15 minutes. Season with salt to taste.

Note:

Lion's mane mushrooms have anti-inflammatory and antioxidant properties. They may help overcome dementia, anxiety and depression, and help stimulate immune function.

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