

## Herbal Tonic Soup

Makes 4 servings

On Lok, May 2025

“Celebrating Home Cooks”

8 oz lean pork (or meaty pork bones)  
8 chicken wings or 2 drumsticks  
15 g ladybell root (Radix adenophorae) 沙參  
20 g Cordonopsis root 黨參  
30 g Angelica sinensis 當歸  
15 g Astragalus 北芪  
5 red dates, pits removed  
15 g goji berries, rinsed and drained  
Salt to taste

1. Blanch pork and chicken in boiling water for 5 minutes. Remove and rinse under cold water to clean impurities. Set aside.
2. Rinse ladybell root, cordonopsis, angelica sinensis and astragalus under water to clean. Soak in water to cover for 15-30 minutes. Bring about 10 cups water to a boil. Add herbs, pork, chicken and dates.
3. Simmer for about 2 hours or double-boil for about 3 hours.
4. Turn off heat. Add goji berries and let it soak, covered for 30 – 60 minutes. Season with salt.

### Recipe note:

Traditionally, this recipe is made with chicken feet. To prepare chicken feet, remove the toenails then blanch in boiling water for 3 – 5 minutes. Remove and plunge into a large bowl of ice water. Rinse and make sure the feet are clean. They can now be simmered with the herbal soup.

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