



人參雞湯

Chicken soup with ginsengs in Korean style

材料 Ingredient

- 雞 1 隻 (約 1 公斤)
- 水參 2 支
- 去核紅棗 10 粒
- 糯米 1 杯
- 蒜頭 3 瓣
- 鹽少許
- 胡椒粉少許
- 栗子 5 粒
- 1 chicken (approx. 1 kg)
- 2 ginsengs
- 10 granules of Chinese red date (without stone)
- 1 cup of glutinous rice
- 3 shares of garlic
- Salt (moderate)
- Pepper (moderate)
- 5 granules of chestnut

做法 Steps

1. 先把糯米浸泡 2-3 小時。
 2. 將雞清洗並除去內臟，把 2 粒栗子、2-3 粒紅棗、1 支水參、1 瓣蒜頭及 1 杯糯米放入雞的肚內，用牙籤將雞的肚皮穿起。
 3. 將預先準備好的雞及剩餘的水參、紅棗、蒜頭、鹽、栗子及胡椒粉等一併加入內鍋，加水至「白米」的約第 6 段刻度。
 4. 蓋上頂蓋，將鎖定手柄旋至  LOCK 的位置，再按【功能/選擇】鍵的左右箭咀鍵選擇 **SOUP**，再按【開始】鍵確認。
1. Soak the glutinous rice for 2 to 3 hours.
 2. Clean the chicken, then put 2 granules of chestnuts, 2 to 3 granules of Chinese red date, a ginseng, a portion of garlic and 1 cup of glutinous rice inside the chicken abdomen. Seal up the chicken by toothpicks.
 3. Place the chicken, remaining ginseng, Chinese red dates, garlic, chestnuts, salt and pepper into the inner pot. Add water until reach around Level 6 of 「White Rice」.
 4. Close the top cover. Turn the Lock/Unlock handle to  LOCK position, then select **SOUP** function by pressing the left and right arrows of the 【Menu/Selection】 key. Press 【Start】 key to confirm.



基於內膽及儲水杯容量的限制，[湯]功能只適宜烹調較少份量的簡易湯水，否則可能引起大量倒汗水流出並導致儲水杯滿瀉。如使用[湯]烹調模式烹調本食譜以外的菜餚，請自行調校食材及水量。

Due to the capacity limitation of the inner pot and dew dish, [Soup] mode is suitable for cooking small portion and simple soup; otherwise, it may result in water leakage from the drain dish if it's overfilled. Using [Soup] mode to cook the recipe which is not suggested in this recipe book, please adjust appropriate amount of ingredients and water accordingly.