

Preparation time: 2 hours Serves 4

Double Boiled Chicken with Pear

The addition of pear provides a sweet, refreshing tang to this nourishing soup, and is great for anyone who has problems chewing tougher foods.

Per serve	
Calories	169 kcal
Carbohydrates	13.3 g
Fat	3.1 g
Cholesterol	50 mg
Fibre	4.0 g

INGREDIENTS

Chicken	1/2, (weight?) skinned
Australian pear	2, skin left intact, cored and cut into wedges
Winter melon	300 g (10 1/2 oz), skinned and cut into wedges
Dried figs	12
Apricot kernels (<i>what kind?</i>)	10 g (1/3 oz)
Water	800 ml (27 fl oz)
Salt	to taste
Pepper	to taste

METHOD

- Bring a pot of water to the boil. Scald chicken for about 30 seconds, then remove, drain and rinse under running water.
- Place chicken and remaining ingredients in a large claypot. Bring to a gentle simmer over low heat for 2 hours, stirring occasionally. Adjust seasoning if necessary.
- Dish out and serve immediately.

