



THE DUKE MANSION

Historic Inn & Meeting Place

Spicy Asian Chicken Soup

Although this recipe has a long ingredients list, it's a snap to throw together, even when you're zapped by sneezes and sniffles. Best of all, you'll be feeling better in a flash — chicken soup is a true germ conqueror, and the spiciness kicks up the cure a notch.

Yield: 4 ppl.

*1 can (48 oz) nonfat chicken broth
1/4 cup soy sauce
1 tbsp brown sugar
1/4 tsp Asian chili sauce (or 1/4 tsp red pepper flakes)
2 tbsp fresh lime juice
1-inch piece fresh ginger, peeled and cut in 8 slices
3/4 lb boneless chicken breasts, cut in thin 3-inch-long strips
3 tbsp cornstarch
1 cup sliced shiitake mushrooms (or white button mushrooms)
1 cup snap peas (or snow peas)
1 red bell pepper, cored, seeded and julienned
1 tsp lime zest
2 tbsp chopped fresh cilantro*

Combine broth, soy sauce, sugar, chili sauce, lime juice, and ginger and boil 5 minutes. Meanwhile, toss chicken with cornstarch until completely coated. Add chicken and shiitakes to broth and simmer 15 minutes. Remove the pan from the heat and stir in snap peas, red pepper, zest, and cilantro. Let soup stand 2 to 3 minutes before serving.