Chinese Apple Chicken Soup: Halal Fruit and Poultry Broth

A light healing broth balanced by sweet fruit and aromatic ginger



PREP	COOK	TOTAL	SERVES	CALORIES
15 min	40 min	55 min	8 servings	310 kcal

Ingredients

- 2 L water
- 1 small whole chicken (1.5–2 kg), cut into serving pieces
- 2 Fuji apples, cored and sliced into 1/4-inch wedges
- 1/2 carrot (30 g), sliced into 1/2-inch rounds
- 4 dates, pitted and sliced
- 5 g goji berries, optional
- 1 inch fresh ginger, sliced
- 2 scallions, sliced into 1-inch lengths
- 1 tbsp toasted sesame oil, optional
- 1 tsp ground white pepper
- 2 tsp salt, adjust to taste
- 1 cup sliced shiitake mushrooms, optional
- 1 tbsp soy sauce or tamari (halal), optional
- 1 tbsp apple cider vinegar, optional

Instructions

1. Prepare the produce: Wash all produce thoroughly. Core and slice the Fuji apples, slice the carrot, and cut the ginger into thin rounds. Set these aside to keep your workspace organised.
2. Simmer the chicken: Bring the 2 L of water to a boil in a large stockpot. Add the chicken pieces, sliced ginger, and a pinch of salt. Reduce heat to low and simmer uncovered for 30 minutes to extract collagen and flavour.

3. Clarify the broth: Remove the chicken bodies from the pot with tongs and set them aside. Skim off any foam that rises to the surface. You do this to ensure the final soup is clear and clean.
4. Soften the vegetables: Add the sliced carrot, optional shiitake mushrooms, and half of the scallions to the broth. Simmer for 10 minutes. The vegetables should start to soften but remain distinct.
5. Poach the fruit: Introduce the apple wedges, sliced dates, goji berries, and remaining ginger. Simmer gently for 12 minutes. Watch the apples closely so they stay slightly firm for a better bite.
6. Season and finish: Stir in salt, white pepper, and optional soy sauce. Add apple cider vinegar if you prefer a hint of acidity. Return the shredded chicken to the pot and heat through for 5 minutes.

Notes

How it differs from the traditional methodSimmering the chicken for 30 minutes creates a light, clear broth. Traditional bone broths require simmering for 2 hours to extract deeper collagen and richness. Use the longer method if you want a heavier, more medicinal base, but the shorter version preserves the fresh, bright notes of the apple.

Storing and reheatingKeep the soup in a covered container in the refrigerator for up to 4 days. You may freeze it in airtight containers for 3 months. Thaw in the refrigerator overnight and bring the liquid back to a gentle simmer to ensure the chicken and vegetables are heated through.