Korean Chicken Soup: Hearty Halal Comfort

Double simmered chicken bones for a silky and milky broth



PREP	COOK	TOTAL	SERVES	CALORIES
20 min	1 hr 15 min	1 hr 35 min	4 servings	410 kcal

Ingredients

- 1.5 kg whole halal chicken, giblets removed
- 10 garlic, peeled
- 110 g onion, half-peeled, sliced
- 140 g fresh ginger, peeled and minced
- 4 scallions, white and green parts separated
- 5 cm sheet of sea kelp, wet-soaked
- 2.5 l water
- 150 ml halal soy sauce, or Korean guk-ganjang
- 2 tsp sesame oil
- 1 tsp ground white pepper
- 1.5 tsp salt, adjust to taste
- toasted sesame seeds, optional garnish
- fresh cilantro leaves, optional garnish

Instructions

1. Prepare the chicken: Rinse the chicken under cold running water and pat it dry with paper towels. Remove any visible fat or skin if you want a lighter broth. This prevents excess oil from clouding the final liquid.
2. Begin the boil: Place the chicken in the stockpot with the water, garlic, onion, minced ginger, and sea kelp. Sprinkle the salt over the mixture. Turn the heat to high and bring the liquid to a rolling boil.
3. Skim the impurities: Reduce the heat to a gentle simmer. Use a ladle to skim off the froth and impurities that rise to the surface. Do this for 20 minutes to ensure your broth remains clear and clean.

4. Season the broth: Stir in the soy sauce, sesame oil and ground pepper. Maintain a gentle, steady simmer for another 30 minutes. This allows the aromatics to penetrate the meat deeply.
5. Shred the meat: Transfer the chicken to a cutting board and use two forks to shred the meat into bite-size strands. Keep the bones separate. You will use them to enrich the soup later.
6. Clarify the liquid: Strain the broth through a fine-mesh strainer or double layer of cheesecloth into a clean pot. Discard the solids. This removes the spent aromatics and gives the soup a smooth texture.
7. Enrich the base: Return the chicken bones to the strained broth and simmer uncovered for 30 minutes. This second boil extracts more collagen for a silky, milky appearance. Remove the bones before serving.
8. Assemble the bowls: Place the shredded chicken in bowls and pour the hot broth over it. Garnish with scallion greens, sesame seeds and herbs. Serve immediately with steamed rice for a complete meal.

Notes

What goes wrong and whyCloudy broth occurs when proteins and impurities are not removed during the initial boil. You will see a grey foam on the surface. Skim this froth consistently for 20 minutes to ensure the liquid remains clear and the final flavour stays clean and refined.

What to serve with itServe this soup alongside steamed jasmine rice to absorb the broth. You can add a soft-boiled egg for extra protein and a creamy texture. For a traditional Korean-style meal, serve a small side of kimchi to provide a sharp, acidic contrast to the savoury chicken.

Storing and reheatingTransfer the soup to an airtight container and store it in the refrigerator for up to 2 days. For longer storage, shallow-freeze portions for up to 3 months. Thaw your portions in the refrigerator overnight before reheating them thoroughly on the stove.