

Feel Better Broth

1 small chicken, cut into sections with the bone
1 1/2 inch piece of ginger, sliced or crushed
6 pods of garlic, crushed
1/8 tsp or a good pinch of turmeric
1 teaspoon black peppercorns, cracked
3 cardamom pods, cracked slightly
2 inch cassia bark or cinnamon stick
4 cloves
2 bay leaves (optional)

For tempering
15 fresh curry leaves
1/2 onion, sliced
1 teaspoon of ghee or butter

Place all the ingredients, except the tempering ones, into a large pan and bring to a boil, gently. When it starts to boil, reduce it to a medium-low flame and allow the chicken to cook through fully.

Remove the chicken and strip it of the flesh and keep aside.

Put the stripped bones back into the broth and cook till the liquid is just two inches above the level of the bones. (I was too impatient this time round and took it off as soon as I was happy with the concentration of flavour.)

Put the reserved chicken back into the broth (if you are going to eat it as a soup)

Get tempering : Heat the ghee in a small frying pan and when hot, add the sliced onions and sautee till golden brown. Add the curry leaves and allow to splutter until it smells wildly aromatic.

Pour the onion and leaves over the broth, mix and put the lid on. Leave it to infuse for 10 minutes

Serve with toasted bread (and tissues)

Note : Add cooked rice or cook rice in the prbrth for extra carbs.

