

# Your “Chinese grandmother’s” favorite chicken feet soup recipes

## “Eat these, they’ll help you run fast!”

Ligaments are made of collagen and elastin. Tendons are also elastic proteins . Cooking, they turn into gelatin. <http://drpinna.com/dim-sum-and-chicken-feet-10815> More re: benefits of gelatin at <http://healthinourownhands.info/nutrition/> .

“All right, chicken foot soup does not sound very appetizing, but it is reputed to be good for maintaining beautiful skin. It contains high levels of collagen and we all know that collagen is good for maintaining beautiful skin by helping to retain moisture and maintain firmness.” <http://www.homemade-chinese-soups.com/chicken-foot-soup.html>



### Chicken Feet and Black Bean Soup

“While chicken feet are good for the legs, black beans are good for the heart and help blood circulation. Any member of the family can imbibe this excellent tonic.” *The Family Herbal Cookbook*, Cecilia Tan p. 163

15 – 18 chicken feet  
7 oz. black beans  
1 ¼ “ ginger, sliced  
2 qt. water

(serves 4 - 6)

- Clean feet : Some cookbooks say strip the scaly outer skin off, clip off the sharp talons. You can get cleaned and prepared chicken feet from Chinese markets.
- Fry black beans without oil until they jump. Remove from heat. Swirl beans under running water, drain.
- Combine beans, water, chicken feet, ginger and salt in large pan. Bring to boil.
- Simmer 3-4 hours.
- Serve hot.

### Chicken Feet Soup – Frank He’s family recipe

Wash after rubbing with well salt.

Boil for 5 min, drain.

2<sup>nd</sup> boiling for 40 min, soft tissues turn to gelatin.

Marinate in **soy sauce, ginger, garlic, wine** and **(maltose) sugar**

**Stew style (in wok)** <http://drpinna.com/dim-sum-and-chicken-feet-10815>

Clean and cut as above, **marinate** with light soy sauce, salt, sugar.

**Stir fry** the feet with 2+ slices ginger root and 2+ cloves garlic until it gives out a nice smell, then **add water** (cover half the feet), **add** 2 small pc rock sugar (if you have, not necessary), then **add** oyster sauce to taste ( about 1 1/2 T), **stir and mix well**, when the water starts to boil, turn down the heat and cover, **simmer** until **feet become tender, or the sauce start to thicken** (chicken feet will give out a gelatinous liquid that thickens the sauce after a while).