

Chicken and Vegetable Soup Recipe

(Nilagang Manok Filipino Recipe)

Ingredients: Serves 4 - 6

1 kg whole chicken, cut into serving pieces
1 medium onion, peeled and sliced lengthwise
2 liters water
1-2 medium potatoes, peeled and quartered
4 saba (plantain) bananas, each sliced into two pieces
2 tablespoons fish sauce, or more to taste
Salt and pepper to taste
1 whole medium cabbage, quartered

Fish sauce and calamansi dip:

Juice of 3-4 calamansi
125 ml fish sauce

Method:

Blanch chicken pieces in hot boiling water for a while and remove to rinse under cold running tap water to remove scum and blood. Place chicken and onion in a casserole and pour in the 2 liters of water. Bring to the boil, then lower heat to simmer for 20 minutes. Add potatoes and, after 5 minutes, the bananas. Continue to simmer until chicken, potatoes and bananas are tender, about 10 more minutes. Season with fish sauce, salt and pepper. Add cabbage and cook just until cabbage becomes tender-crisp, about 2 minutes. To make dip, combine fish sauce and calamansi juice in a bowl. Serve soup hot with rice and dip.

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