

## **Figs with Chicken**

People with weak yin can experience a dry mouth, constipation or ringing in the ears. As dryness is often prevalent during autumn, this dish will moisten the body, ease constipation and soothe a dry tongue or throat. Omit the ginger if there are signs of heat.

5 g Almonds

1 chicken

8 fresh figs cut in half

1 handful bamboo shoots

2 pieces of ginger

Pinch of salt

Soak almonds and rub off skin. Boil chicken in water for 5-10 minutes, then discard water, remove flesh from the bones and cut meat into bite sized pieces. Boil 1 ½ litres water, add all the ingredients except salt, cover and simmer for 2 hours. Add salt and serve with rice.