

Chicken Soup with Ginger and Cilantro

This seasonal twist on a classic is loaded with summer market finds like tomatoes, zucchini, and bell peppers. Quick-cooking boneless chicken pieces are gently simmered in a ginger-and-cilantro-infused broth with a dash of soy sauce. The eye-catching garnish tray doubles as a colorful centerpiece, allowing guests to pile their bowls with aromatic fresh herbs, spicy chiles, and juicy citrus.

By **Mary-Frances Heck** | Updated on July 20, 2023

✔ Tested by **Food & Wine Test Kitchen**

Active Time: 35 mins

Total Time: 1 hr 40 mins

Servings: 6

Ingredients

- 1 pound boneless, skinless chicken breasts or thighs
- 12 cups homemade or lower-sodium chicken broth
- 2 bunches fresh cilantro, stems only (about 1 cup packed stems), leaves reserved for garnish
- 3 medium scallions (about 1 1/2 ounces), cut in half
- 1 (3-inch) piece fresh ginger (unpeeled), slicedkosher salt, plus more if desired
- 2 teaspoons kosher salt, plus more if desired
- 1 medium (9-ounce) zucchini, quartered lengthwise and cut into 1/4-inch-thick slices (about 2 cups)
- 3/4 cup chopped (1/2-inch pieces) red bell pepper (from 1 medium [8-ounce] bell pepper)
- 1 small (6-ounce) tomato, roughly chopped (about 1 cup)
- Soy sauce or fish sauce (optional)
- 4 cups loosely packed mixed tender fresh herbs (such as basil, cilantro, shiso, scallions, chives, and tarragon)
- Sliced fresh jalapeños or other chiles, thinly sliced red onion or shallot, and lemon, lime, and orange wedges, for garnish

Directions

Step 1

Combine chicken pieces, broth, cilantro stems, scallions, ginger, and salt in a large saucepan; bring to a simmer over medium-high. Reduce heat to medium to maintain a gentle simmer. Simmer, undisturbed, until chicken is cooked through and is easily shredded, 30 to 40 minutes. Transfer chicken pieces to a plate. Let chicken stand until cool enough to handle, about 5 minutes, then shred into bite-size pieces; set aside. While chicken is cooling, increase heat under pan to medium-high, and bring broth mixture to a boil. Boil, undisturbed, until liquid has reduced by one-third, about 15 minutes. Remove from heat. Let cool slightly, about 3 minutes. Pour through a fine wire-mesh strainer into a large heatproof bowl; discard solids.

Step 2

Wipe pan clean; return strained broth mixture to pan. Bring to a simmer over medium. Stir in zucchini and bell pepper; cook, undisturbed, until vegetables are tender, about 6 minutes. Stir in tomato and shredded chicken; cook, undisturbed, until warmed through, about 2 minutes. Season soup to taste with soy sauce or fish sauce and additional salt as desired.

Step 3

Arrange mixed herbs, jalapeños, red onion, and citrus wedges on a platter. Divide hot soup evenly among 6 bowls, and serve alongside aromatic garnishes.

Make Ahead

Soup can be prepared through step 1 up to 2 days ahead. Chill chicken and broth separately in airtight containers.

Suggested Pairing

Crisp, tangy white: Hugues Beauvignac Picpoul de Pinet

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