

Ebony And Ivory

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At a glance the title may remind you of the famous song. Interestingly, it is in fact describing a popular delicacy in the Asian region. You may not know the name of the chicken, but a description of this chicken may jog your memory. The unusual black-skinned and black-boned Silkie Chicken or scientifically known as *Gallus gallus domesticus* is named for its fluffy silk-like plumage that may range in colour from white, black, grey or gold. Uniquely the Silkie also has five toes compared to the normal chickens that have 4. Its friendly and docile temperament makes them charming as pets. The brooding characteristic of the “Silkie girls” also makes them excellent mothers even to adopted eggs of other chickens or birds. The Silkie is considered a delicacy in the Orient. Believed to have medicinal properties the Silkie is often an important ingredient in the Herbal Silkie Soup, which is often augmented with ginger and red dates. It is said that the soup can increase female fertility and nourishing for the developing human foetus, also restores the vitality of new moms. The Silkie are revered for their beauty, friendliness, adaptability and health benefits. The flesh and skin are eaten, the bones made into stocks. Nothing is wasted, even after the bones are spent; it is dried, crushed and made into pills used as medicine. It is said that the Silkie may protect against aging by preventing atherosclerosis, joint inflammation, and Alzheimer’s disease. The eggs are said to lower cholesterol as it contains high levels of unsaturated fatty acid. So next time, you see a black-skinned, black-boned chicken with five toes, be sure to try it!



COOKING PROCESS