

Ingredients

Quantity			
Measure			
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	0.5	Kilogram	Chicken
1		Pods (whole)	Garlic
2		Inch	Ginger
1		Medium	Onion
1		Teaspoon	Salt

Method

In a pressure cooker, put 4 to 5 cups of water, and place cut chicken in it, and put all the other ingredients duly crushed, and cook under pressure for 10 to 15 minutes.

You can use beef instead of chicken.

The broth that comes out in the water, can be used to make soups, and other dishes.