

ChowFu.co

poached chicken in ginger and scallion sauce

Difficulty*	Prep	Cook
1	10-15min	40-50min

*Difficulty on a scale from 1-5, where 1 is easiest

Ingredients

Whole Chicken - (3.5lb/1.5kg)

Small Piece of Ginger (35g)

3 Scallions (40g)

Sesame Oil - ¼ Cup

Peanut Oil - ¼ Cup

Light Soy Sauce - 2 Tablespoons

Salt - ¾ Teaspoons

White Pepper - ¼ Teaspoons

Directions

- 1.) Mince the green parts of the scallions as well as half the ginger (peeled).
- 2.) Cut the remaining ginger into several slices. Reserve the scallion ends.
- 3.) Put the chicken in a pot of water so that it is completely submerged. Add the ginger slices and scallion ends to the water.
- 4.) Bring the water to a boil, then turn down and simmer for 30 minutes.
- 5.) As the chicken is simmering, mix together the minced ginger, scallions, peanut oil, and soy sauce. Add salt and white pepper to taste.
- 6.) Once the chicken is ready, remove it from the water and immediately place in an ice bath to cool.
- 7.) Once cooled, remove the chicken from the ice bath and pat dry.
- 8.) Rub the chicken lightly with sesame oil. Cut the chicken into pieces.
- 9.) Spoon the ginger and scallion sauce generously over the sliced chicken.
- 10.) Serve together with rice.