

Poached Chicken with Ginger and Spring Onion

Courtesy of Lydia

from Anglo Chinese Cultural Exchange, Ipswich Chinese Community & Supplementary School and Ipswich Community Chinese Drum Ensemble

Serves 4

Ingredients:

- 1.4kg chicken
- 1 1/2 tablespoons kosher salt
- 2 thickly sliced ginger slices (patted loose)
- 1 scallion, cut into sections

Ginger scallion:

- 1 piece of ginger
- 2 green onions
- 1 teaspoon salt
- 3 tablespoons of peanut or olive oil

Method:

1. Wash chicken with brine.
2. Rub the chicken cavity and skin with salt, put the ginger and spring onions into the chicken body, and marinate for more than 3 hours. Turn the chicken 1 to 2 times while marinating to make sure that both sides of the chicken are marinated enough.
3. Cooking time is about 25-30 minutes, cooling time is 1 hour.
4. Put the chicken on a plate and steam it in a wok. Note that the chicken breast should be upward when steaming.
5. Chickens with a net weight of 1 kg should be steamed for 19 to 20 minutes, chickens with a net weight of 1.1 to 1.2 kg should be steamed for about 21 to 22 minutes, and chickens with a net weight of 1.3 kg should be steamed for 23 to 24 minutes. For larger chickens, you can increase the steaming time.





Use high heat when steaming. Don't open the lid immediately after turning off the heat. Leave it in the wok and bake for 15 minutes before taking it out.

6. After the chicken has cooled, cut it into pieces and serve it on a plate. It can be eaten with ginger and scallion oil.



For the ginger and spring onion:

1. Chop the ginger into fine pieces, and chop the onion.
2. Put into a small bowl, add 1/2 teaspoon salt, 1 teaspoon of soy sauce and a small amount of boiling water to make the ginger onion oil dip.

Tip! Try adding a portion of boiled rice and veggies such as pak choi, broccoli or carrots to really bulk out your meal!