



Hainan Fried Chicken

INGREDIENTS

- ½ chicken (on the frame)
- 30g ginger
- 4 garlic cloves (peeled)
- 4 green shallots
- 1 tbsp sesame seed oil
- Water (to cover the chicken)
- 1 cup potato starch/ tapioca flour



Serves: 2



Prep Time: 8 min



Cooking Time: 35 min

METHOD

1. Fill a medium pot with enough water to just cover the chicken.
2. Place the ginger, garlic, shallots and sesame seed oil into the water, and bring to the boil.
3. Lower the chicken into the poaching liquid, ensuring it is submerged. Bring to the boil, cover with lid, and remove from the heat.
4. Allow to rest for 20-30 min or until the centre of chicken has reached above 65°C.
5. Remove chicken from poaching liquid, cut into chunky pieces.
6. Coat in tapioca flour before deep-frying until golden brown and crispy.
7. Season and serve with sweet soy sauce and curled shallots.

*Note: Keep half the poached chicken (breast part) for serving with Laksa. Strain poaching liquid for chicken broth to use in Laksa Recipe.



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