



Braised Chicken with Black Bean Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



2726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds chicken pieces with a cleaver or heavy knife cut into 2-inch segments (from one 4-pound chicken)
- 3 chilies dried red sliced
- 0.3 cup cilantro leaves roughly chopped
- 0.3 cup cornstarch
- 0.3 cup fermented black beans dried (see note above)
- 6 large cloves garlic peeled
- 4 servings kosher salt
- 2 cups chicken broth low-sodium homemade store-bought

- 1 quart vegetable oil; peanut oil preferred
- 0.5 cup rice wine chinese
- 6 spring onion sliced

Equipment

- frying pan
- sieve
- wok
- dutch oven
- deep fryer

Directions

- Mince garlic and fermented black beans together, until you have a mashed-up combination of the two.
- Preheat the oil in a wok, Dutch oven, or deep fryer 350°F. Dredge the chicken in the cornstarch. Deep fry chicken until golden brown, about 3 minutes.
- Remove the chicken with a slotted strainer. Strain and oil and reserve for another use.
- Heat 1 tablespoon of used oil in a large wok or 12-inch skillet over high heat until smoking. Stir-fry the garlic and black bean mixture in the oil until fragrant, about 30 seconds.
- Add the pieces of chicken and continue to stir-fry until the pieces are all evenly coated, about 30 seconds longer.
- Add rice wine and stock.
- Add chilies if using. Bring to a boil, reduce to a simmer, then cover and cook until chicken is cooked through, about 30 minutes.
- Remove chicken and set aside. Increase heat to high and cook without a lid until sauce is reduced to about 1/2 cup. Season sauce to taste with salt, pour sauce over chicken, garnish with scallions or cilantro, and serve immediately.

Nutrition Facts

 PROTEIN 7.39%  FAT 90.37%  CARBS 2.24%

Properties

Glycemic Index:23.5, Glycemic Load:0.69, Inflammation Score:-7, Nutrition Score:24.692173771236%

Flavonoids

Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 2725.79kcal (136.29%), Fat: 273.8g (421.23%), Saturated Fat: 50.38g (314.85%), Carbohydrates: 15.3g (5.1%), Net Carbohydrates: 13.15g (4.78%), Sugar: 1.27g (1.41%), Cholesterol: 173.5mg (57.83%), Sodium: 397.48mg (17.28%), Alcohol: 4.83g (100%), Alcohol %: 0.92% (100%), Protein: 50.38g (100.75%), Vitamin E: 37.98mg (253.18%), Vitamin B3: 17.52mg (87.6%), Selenium: 34.73µg (49.61%), Vitamin B6: 0.89mg (44.64%), Vitamin K: 45.97µg (43.78%), Phosphorus: 392.92mg (39.29%), Zinc: 3.31mg (22.1%), Vitamin B5: 2.15mg (21.55%), Vitamin B2: 0.34mg (19.91%), Potassium: 626.43mg (17.9%), Iron: 3.01mg (16.74%), Vitamin B12: 0.84µg (13.92%), Magnesium: 54.81mg (13.7%), Vitamin A: 670.54IU (13.41%), Vitamin C: 8.88mg (10.76%), Vitamin B1: 0.16mg (10.58%), Copper: 0.21mg (10.48%), Fiber: 2.15g (8.6%), Manganese: 0.16mg (8%), Folate: 26.35µg (6.59%), Calcium: 56.85mg (5.68%), Vitamin D: 0.46µg (3.08%)