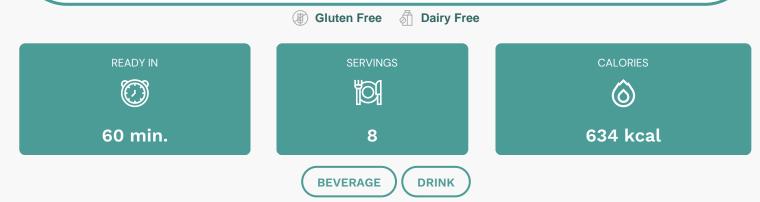


Braised Chicken with Smoked Ham, Chestnuts, and Ginger



Ingredients

Ш	7 ounces honey
	2.5 pounds roasting chickens cut into 6 pieces (legs, thighs, and breasts without backbones)
	2 tablespoons corn oil
	2 tablespoons cornstarch
	0.3 pound country ham thinly sliced
	0.3 cup wine dry white
	0.5 cup wine dry white

	0.3 cup ginger finely julienned peeled
	1 cup ginger peeled sliced
	8 servings jasmine rice steamed
	1 tablespoon kosher salt divided
	2 teaspoons kosher salt divided
	2.5 cups chicken broth reduced-sodium
	12 mushroom caps dried black chinese
	0.3 cup rice wine dry
	0.8 cup rice wine dry
	0.8 cup cooking sherry dry
	1 tablespoon soya sauce
	2 tablespoons soya sauce
	2 teaspoon sugar
	3.5 teaspoons sugar
	1.5 cups water cold divided
	2.8 cups water
	0.5 teaspoon pepper white
	1 teaspoon pepper white
Εq	uipment
	bowl
	frying pan
	sauce pan
	whisk
	pot
	sieve

Directions

	Bring water to a simmer in a small saucepan, then stir in mushrooms and simmer 10 minutes. Cool to room temperature, then strain through a sieve into a large bowl. Discard stems, then chill mushroom caps, covered, until ready to braise chicken. Stir remaining marinade		
	ingredients into mushroom liquid, then add chicken and marinate, chilled, stirring occasionally, 1 day.		
	Remove chicken from marinade and pat dry (discard marinade).		
	Heat oil in a 12-inch heavy nonstick skillet over medium-high heat until hot. Just before browning each batch of chicken, sprinkle with 1 teaspoon kosher salt. Brown, skin side down first, about 3 minutes per side.		
	Transfer to a plate.		
	Pour off all but 1 tablespoon oil from skillet, then reduce heat to medium-low and saut ginger, stirring, 1 minute (do not brown).		
	Add white wine and Shaoxing and boil until reduced by three fourths, about 5 minutes.		
	Add broth, 1 1/2 cups water, sugar, soy sauce, white pepper, and remaining 2 teaspoons kosher salt and bring to a simmer.		
	Combine cornstarch and remaining 2 tablespoons cold water and whisk into sauce, then boil 1 minute.		
	Transfer chicken, skin side up, to a 6-to 8-quart heavy pot (place white meat on top).		
	Add sauce, chestnuts, and reserved mushroom caps. Gently simmer, covered, until chicken is just cooked through, 15 to 25 minutes.		
	Cut breasts in half and return to pot.		
	Add ham. Gently simmer 3 minutes more.		
	Cooks notes:Braised chicken can be made 1 day ahead and chilled (covered once cool). Reheat before serving.		
Nutrition Facts			
PROTEIN 19.65% FAT 37.14% CARBS 43.21%			

Properties

Glycemic Index:49.05, Glycemic Load:30.84, Inflammation Score:-8, Nutrition Score:18.447391110918%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 633.7lkcal (31.69%), Fat: 23.17g (35.65%), Saturated Fat: 6g (37.49%), Carbohydrates: 60.67g (20.22%), Net Carbohydrates: 59.08g (21.48%), Sugar: 4.2g (4.66%), Cholesterol: 97.78mg (32.59%), Sodium: 2108.25mg (91.66%), Alcohol: 9.47g (100%), Alcohol %: 2.32% (100%), Protein: 27.58g (55.16%), Vitamin B3: 10.55mg (52.73%), Manganese: 0.8mg (40.19%), Selenium: 24.08µg (34.39%), Vitamin B6: 0.68mg (33.85%), Phosphorus: 333.74mg (33.37%), Copper: 0.42mg (20.98%), Vitamin B5: 2.09mg (20.95%), Vitamin B12: 1.19µg (19.81%), Vitamin B2: 0.33mg (19.15%), Potassium: 660.28mg (18.87%), Zinc: 2.73mg (18.19%), Vitamin A: 878.75IU (17.58%), Vitamin C: 13.28mg (16.1%), Iron: 2.86mg (15.9%), Magnesium: 63.37mg (15.84%), Vitamin B1: 0.23mg (15.16%), Folate: 51.48µg (12.87%), Fiber: 1.59g (6.37%), Calcium: 47.33mg (4.73%), Vitamin E: 0.66mg (4.4%), Vitamin K: 1.72µg (1.64%), Vitamin D: 0.18µg (1.22%)