



## Braised Chicken with Smoked Ham, Chestnuts, and Ginger

 **Gluten Free**  **Dairy Free**

READY IN



**60 min.**

SERVINGS



**8**

CALORIES



**634 kcal**

BEVERAGE

DRINK

### Ingredients

- 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

## Equipment

- 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: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 633.71kcal (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%)