



Braised Chicken with Smoked Ham, Chestnuts, and Ginger

 Gluten Free  Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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
- ☐ 0.5 cup wine dry white
- ☐ 0.3 cup ginger finely julienned peeled

- ☐ 1 cup ginger peeled sliced
- ☐ 1 tablespoon kosher salt divided
- ☐ 2.5 cups chicken broth reduced-sodium
- ☐ 12 mushroom caps dried black chinese
- ☐ 0.8 cup rice wine dry
- ☐ 2 tablespoons soya sauce
- ☐ 3.5 teaspoons sugar
- ☐ 1.5 cups water cold divided
- ☐ 1 teaspoon pepper white

Equipment

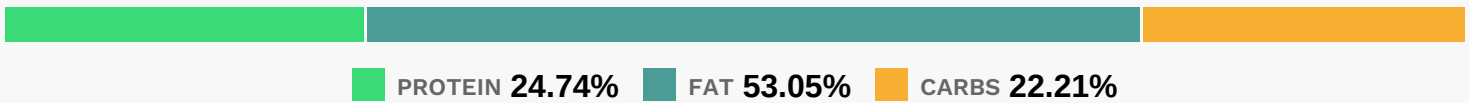
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ sieve

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 sauté 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.
- ☐ Braised chicken can be made 1 day ahead and chilled (covered once cool). Reheat before serving.

Nutrition Facts



Properties

Glycemic Index:27.01, Glycemic Load:7.87, Inflammation Score:-7, Nutrition Score:14.642173735992%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 425.59kcal (21.28%), Fat: 22.86g (35.17%), Saturated Fat: 5.91g (36.97%), Carbohydrates: 21.53g (7.18%), Net Carbohydrates: 20.59g (7.49%), Sugar: 2.82g (3.13%), Cholesterol: 97.78mg (32.59%), Sodium: 1393.17mg (60.57%), Alcohol: 5.17g (100%), Alcohol %: 1.88% (100%), Protein: 23.99g (47.98%), Vitamin B3: 9.69mg (48.44%), Vitamin B6: 0.58mg (29.1%), Phosphorus: 271.84mg (27.18%), Selenium: 16.97µg (24.24%), Vitamin B12: 1.19µg (19.81%), Vitamin A: 878.75IU (17.58%), Vitamin B2: 0.29mg (17.34%), Potassium: 579.2mg (16.55%), Vitamin C: 13.26mg (16.07%), Vitamin B5: 1.61mg (16.06%), Copper: 0.3mg (14.94%), Zinc: 2.17mg (14.46%), Iron: 2.33mg

(12.94%), Vitamin B1: 0.19mg (12.82%), Manganese: 0.25mg (12.5%), Folate: 47.08µg (11.77%), Magnesium: 46.58mg (11.65%), Vitamin E: 0.61mg (4.06%), Fiber: 0.94g (3.78%), Calcium: 27.79mg (2.78%), Vitamin K: 1.55µg (1.48%), Vitamin D: 0.18µg (1.22%)