

Caramelized Ginger Chicken with Sticky Rice

 Dairy Free

READY IN

ready

180 min.

SERVINGS

servings

45

CALORIES

calories

93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup asian fish sauce such as nuoc mam, see note
- ☐ 0.5 cup ginger fresh minced peeled
- ☐ 4 cloves garlic very finely chopped
- ☐ 1 tablespoon honey
- ☐ 0.5 cup brown sugar light
- ☐ 0.5 cup pickled carrot and daikon sliced See Note
- ☐ 45 servings salt
- ☐ 6 scallions white green thinly sliced

- ☐ 4 medium shallots very finely chopped medium
- ☐ 3 tablespoons soya sauce
- ☐ 18 ounces sticky rice chinese drained See Note
- ☐ 3 thai chiles very finely chopped
- ☐ 0.3 cup vegetable oil
- ☐ 1.5 tablespoons vinegar white
- ☐ 4 chicken legs whole

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ cheesecloth
- ☐ steamer basket

Directions

- ☐ In a large, shallow baking dish, stir 2 tablespoons of the brown sugar with 2 tablespoons of the fish sauce until the sugar is dissolved.
- ☐ Add the chicken legs and coat them thoroughly with the marinade.
- ☐ Let the chicken stand at room temperature for 2 hours or refrigerate overnight.
- ☐ Preheat the oven to 45
- ☐ In a small saucepan, heat the vegetable oil.
- ☐ Add the scallions and cook over high heat until they sizzle, about 30 seconds.
- ☐ Remove from the heat.
- ☐ Meanwhile, in a medium enameled cast-iron casserole, combine the remaining 1/2 cup of brown sugar with 1 tablespoon of water and cook over moderately high heat, stirring a few times, until bubbling, about 3 minutes. Gradually stir in 1 1/2 cups of water, then stir in the remaining 1/3 cup of fish sauce along with the soy sauce, vinegar, honey and half of the scallion oil. Bring to a boil and simmer over moderately high heat until slightly reduced, about 5 minutes.

- ☐ Add the shallots, garlic, ginger and chiles and simmer over moderately low heat for 5 minutes.
- ☐ Roast the chicken legs in the upper third of the oven for about 15 minutes, until they are browned.
- ☐ Discard the chicken skin and nestle the legs in the sauce in the casserole. Tuck in the pickled daikon slices. Cover and simmer over low heat for about 15 minutes, basting the chicken a few times, until cooked through; add a few tablespoons of water if the sauce gets too thick and dark.
- ☐ Meanwhile, in a wide stainless steel or bamboo steamer, bring 1 1/2 inches of water to a boil. Moisten a double layer of cheesecloth that is large enough to cover the steamer basket and reach part of the way up the side; line the steamer basket with it.
- ☐ Add the drained rice to the basket and pat into an even layer. Cover and steam the rice over moderate heat for about 15 minutes, until tender.
- ☐ Uncover the rice and season lightly with salt. Spoon the remaining scallion oil over the rice and stir gently.
- ☐ Serve the chicken with the sticky rice.

Nutrition Facts



Properties

Glycemic Index:7.54, Glycemic Load:7.82, Inflammation Score:-1, Nutrition Score:2.4386956464985%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 93.21kcal (4.66%), Fat: 3.12g (4.8%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 12.58g (4.57%), Sugar: 3.15g (3.5%), Cholesterol: 10.65mg (3.55%), Sodium: 408.12mg (17.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.01%), Manganese: 0.14mg (7.12%), Selenium: 4.08µg (5.82%), Vitamin K: 5.86µg (5.58%), Vitamin B3: 0.91mg (4.53%), Vitamin B6: 0.07mg (3.71%), Phosphorus: 31.01mg (3.1%), Magnesium: 10.29mg (2.57%), Vitamin B5: 0.23mg (2.32%), Zinc: 0.34mg (2.28%), Vitamin B1: 0.03mg (2.23%), Iron: 0.4mg (2.21%), Vitamin C: 1.71mg (2.08%), Fiber: 0.51g (2.05%), Copper: 0.04mg (1.97%), Potassium: 67mg (1.91%), Vitamin B2: 0.03mg (1.67%), Folate: 5.07µg (1.27%), Vitamin B12: 0.07µg (1.21%)