



Clay-Pot Miso Chicken

READY IN



300 min.

SERVINGS



8

CALORIES



999 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 stalks burdock root (c) (sometimes called gobo)
- ☐ 3 tablespoons canola oil
- ☐ 16 chicken thighs with skin and bone (5 pounds)
- ☐ 0.5 cup wood ear mushrooms dried
- ☐ 1 lb mushroom caps fresh quartered
- ☐ 3 tablespoons garlic finely chopped
- ☐ 3 tablespoons ginger peeled finely chopped
- ☐ 1 teaspoon juice of lemon fresh white
- ☐ 32 fluid ounces chicken broth reduced-sodium

- ☐ 1 cup mirin sweet (Japanese rice wine)
- ☐ 16 cups mustard greens coarsely chopped
- ☐ 2 large onions coarsely chopped
- ☐ 8 servings accompaniment: asian rice white steamed
- ☐ 8 servings garnish: scallions chopped
- ☐ 0.5 cup soya sauce
- ☐ 10 cups water divided
- ☐ 1 cup miso white (also called shiro miso)

Equipment

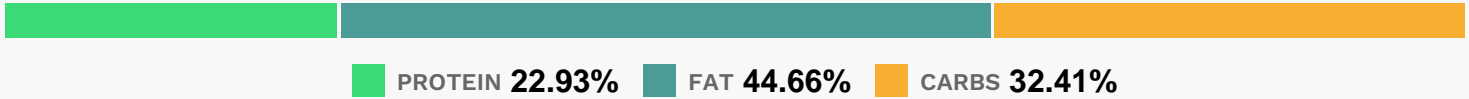
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ baking pan

Directions

- ☐ Preheat oven to 500°F with rack in middle.
- ☐ Pat chicken dry, then roast, skin side up, in 1 layer in a 17- by 12-inch shallow baking pan until skin is golden brown, 35 to 40 minutes.
- ☐ While chicken roasts, soak wood ear mushrooms in 4 cups water until softened, about 15 minutes.
- ☐ Drain in a sieve, then rinse well and discard any hard pieces.
- ☐ Drain well, squeezing out excess water.
- ☐ Transfer roasted chicken to a bowl and pour pan juices through a fine-mesh sieve into a 1-quart glass measure.
- ☐ Let stand until fat rises to top, 1 to 2 minutes, then skim off and discard fat.
- ☐ Add enough stock to bring total to 4 cups liquid.

- ☐ Reduce oven to 300°F and move rack to lower third.
- ☐ Peel burdock root, and, if more than 1-inch-thick, halve lengthwise.
- ☐ Cut crosswise into 1-inch pieces.
- ☐ Transfer burdock root to a bowl, then add vinegar and 2 cups water.
- ☐ Heat oil in a 7- to 8-quart heavy pot over medium-high heat until it shimmers, then sauté onions until softened and beginning to brown.
- ☐ Add shiitakes, ginger, and garlic and sauté until garlic is golden, 3 to 5 minutes.
- ☐ Add mirin and boil, stirring and scraping up any brown bits, 1 minute. Stir in miso and soy sauce, then stir in chicken, wood ear mushrooms, burdock (drained), stock mixture, and remaining 4 cups water. Bring to a boil, skimming off any froth.
- ☐ Cover pot and braise in oven until chicken is tender, about 1 hour.
- ☐ Stir in mustard greens and continue to braise, covered, 5 minutes.
- ☐ Serve in shallow bowls.
- ☐ Clay-pot miso chicken, without mustard greens, improves in flavor if made 1 to 2 days ahead. Chill, uncovered, until cool, then cover. To reheat, bring to a simmer over medium heat, gently stirring occasionally, then stir in mustard greens and simmer, covered, until greens are tender, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:6.81, Inflammation Score:-10, Nutrition Score:46.551739298779%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 20.02mg, Isorhamnetin: 20.02mg, Isorhamnetin: 20.02mg, Isorhamnetin: 20.02mg Kaempferol: 43.23mg, Kaempferol: 43.23mg, Kaempferol: 43.23mg, Kaempferol: 43.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 18.16mg, Quercetin: 18.16mg, Quercetin: 18.16mg, Quercetin: 18.16mg

Nutrients (% of daily need)

Calories: 999.39kcal (49.97%), Fat: 48.58g (74.73%), Saturated Fat: 11.64g (72.78%), Carbohydrates: 79.32g (26.44%), Net Carbohydrates: 68.28g (24.83%), Sugar: 10.59g (11.76%), Cholesterol: 221.48mg (73.83%), Sodium: 2930.71mg (127.42%), Alcohol: 4.83g (100%), Alcohol %: 0.55% (100%), Protein: 56.12g (112.25%), Vitamin K:

320.64µg (305.38%), Vitamin C: 86.07mg (104.33%), Vitamin A: 5170.85IU (103.42%), Vitamin B3: 18.06mg (90.3%), Selenium: 50.38µg (71.97%), Vitamin B6: 1.42mg (71.07%), Phosphorus: 638.05mg (63.8%), Potassium: 1627.47mg (46.5%), Vitamin B2: 0.78mg (46.07%), Fiber: 11.04g (44.15%), Vitamin B5: 3.79mg (37.86%), Manganese: 0.73mg (36.6%), Copper: 0.72mg (35.85%), Magnesium: 139.76mg (34.94%), Zinc: 5.06mg (33.7%), Iron: 5.96mg (33.09%), Vitamin B1: 0.44mg (29.45%), Vitamin B12: 1.59µg (26.54%), Vitamin E: 3.82mg (25.44%), Calcium: 236.72mg (23.67%), Folate: 66.67µg (16.67%), Vitamin D: 0.45µg (3.02%)