



Soy-Ginger Roast Chicken with Shiitake Mushrooms

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup firmly brown sugar packed
- 6 lb meat from a rotisserie chicken
- 0.3 cup cilantro sprigs rinsed
- 1 cup fat-skimmed chicken broth
- 0.5 cup cilantro leaves fresh chopped
- 0.5 cup ginger fresh coarsely chopped
- 2 pounds mushroom caps fresh (2-in. caps)

- 10 cloves garlic crushed peeled
- 1 pound green onions
- 1 tablespoon hoisin sauce prepared
- 0.3 cup mirin (see notes)
- 0.3 cup rice vinegar
- 8 servings salt and pepper
- 1 tablespoon asian sesame oil toasted ()
- 1.3 cups soya sauce

Equipment

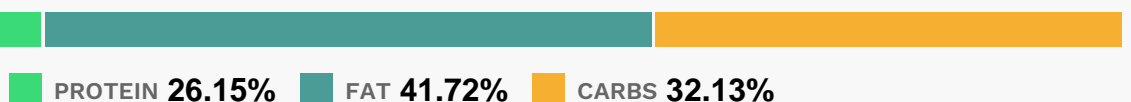
- bowl
- frying pan
- oven
- sieve
- kitchen thermometer
- spatula
- slotted spoon
- carving fork

Directions

- In a 10- to 12-quart pan, combine 1 cup soy sauce, brown sugar, 1/4 cup ginger, 6 cloves garlic, and 4 quarts water; mix well.
- Remove giblets from chicken and reserve for other uses. Pull off and discard lumps of fat. Rinse bird well inside and out; pierce skin all over with a fork.
- Lay chicken breast down in brine; cover and chill at least 4 or up to 12 hours, turning bird several times.
- Discard brine and rinse chicken thoroughly under cold running water, rubbing gently; pat dry. If desired, fold wing tips under first joint. Set bird breast up on a V-shaped rack in an 11- by 17-inch pan.

- Starting at the neck, gently ease your fingers under skin to loosen it over breast. Push 1/4 cup chopped cilantro under skin and spread evenly over breast.
- Place cilantro sprigs in body cavity; add 2 tablespoons ginger and remaining 4 cloves garlic.
- Sprinkle chicken lightly with salt and pepper.
- Roast in a 425 regular or convection oven for 30 minutes.
- Meanwhile, in a large bowl, mix remaining 1/4 cup soy sauce, 2 tablespoons ginger, and 1/4 cup chopped cilantro with broth, vinegar, mirin, hoisin, and sesame oil. Rinse and drain shiitake mushrooms; trim and discard stems. Rinse and drain green onions; trim and discard ends.
- Cut off green tops and chop; also chop white bottoms.
- Mix mushrooms, chopped white parts of onions, and all but 1/2 cup chopped green tops with soy mixture. Lift out with a slotted spoon and distribute around chicken in pan; reserve soy mixture.
- Continue to roast chicken, turning vegetables with a wide spatula after about 20 minutes, until a thermometer inserted through thickest part of breast to bone reaches 170, or 180 through thickest part of thigh at joint, 3/4 to 1 1/4 hours longer.
- Insert a carving fork into body cavity, piercing carcass; lift bird and tilt to drain juices into pan. Set chicken on a rimmed platter. With a slotted spoon, arrange vegetables around chicken.
- Let rest in a warm place about 15 minutes.
- Meanwhile, skim and discard fat from pan.
- Add reserved soy mixture and stir often over high heat, scraping browned bits free, until reduced to 3/4 cup, about 10 to 12 minutes.
- Pour through a fine strainer into a small pitcher or bowl.
- Sprinkle mushroom mixture with remaining 1/2 cup chopped green onion tops. Carve chicken and serve with vegetables and pan juices.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:3.17, Inflammation Score:-8, Nutrition Score:29.024782761284%

Flavonoids

Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

Nutrients (% of daily need)

Calories: 578.04kcal (28.9%), Fat: 27.23g (41.89%), Saturated Fat: 7.34g (45.85%), Carbohydrates: 47.18g (15.73%), Net Carbohydrates: 42.29g (15.38%), Sugar: 33.79g (37.55%), Cholesterol: 122.53mg (40.84%), Sodium: 2567.14mg (111.61%), Alcohol: 0.74g (100%), Alcohol %: 0.2% (100%), Protein: 38.39g (76.78%), Vitamin K: 124.78µg (118.84%), Vitamin B3: 17.53mg (87.66%), Vitamin B6: 1.09mg (54.28%), Selenium: 32.23µg (46.04%), Phosphorus: 448.95mg (44.89%), Vitamin B5: 3.48mg (34.81%), Manganese: 0.68mg (33.85%), Vitamin B2: 0.56mg (33.02%), Potassium: 982.11mg (28.06%), Zinc: 3.78mg (25.18%), Iron: 4.02mg (22.34%), Magnesium: 88.41mg (22.1%), Fiber: 4.9g (19.58%), Copper: 0.39mg (19.25%), Vitamin C: 15.16mg (18.37%), Vitamin A: 895.58IU (17.91%), Folate: 70.07µg (17.52%), Vitamin B1: 0.18mg (11.98%), Calcium: 102.25mg (10.23%), Vitamin B12: 0.56µg (9.38%), Vitamin E: 0.89mg (5.92%), Vitamin D: 0.78µg (5.2%)