



Tea Smoked Chicken

 Gluten Free  Dairy Free

READY IN



316 min.

SERVINGS



40

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon five-spice powder
- 3 tablespoon freshly tea black chinese
- 2 tablespoons brown sugar
- 0.3 cup medium-dry sherry
- 1 tablespoon ginger fresh minced peeled
- 0.5 head iceberg lettuce
- 0.5 juice of lime
- 2 tablespoons kosher salt

- 0.3 cup peanuts chopped
- 1 tablespoon szechuan peppercorns
- 5 scallions white green thinly sliced (and)
- 2 teaspoons sesame oil toasted
- 1 pound chicken thighs boneless skinless
- 2 tablespoons soya sauce dark (see Cook's Note)
- 40 servings sriracha sauce to taste
- 0.3 cup rice white

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- pot
- plastic wrap
- aluminum foil
- wok
- mortar and pestle

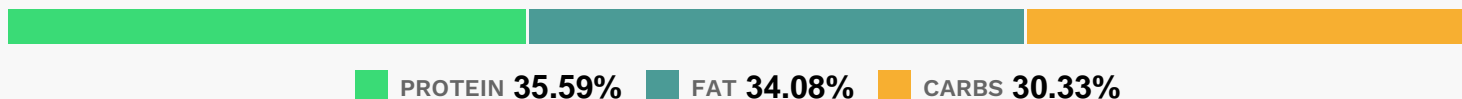
Directions

- Toast the Szechuan peppercorns in a dry skillet until fragrant, about 4 minutes. Cool slightly, and then crush in a spice grinder or mortar and pestle with the salt and five-spice powder until very fine. Rub seasoned salt all over the chicken thighs.
- Place in a bowl, cover with plastic wrap and refrigerate for at least 4 hours or preferably overnight.
- Bring the chicken to room temperature about 30 minutes before cooking.
- Line the bottom of a wok, skillet or heavy pot with a double layer of aluminum foil.
- Mix the rice, tea and brown sugar together and mound on the foil. Set a steamer on top, and evenly space the chicken on the rack. Cover and cook over high heat. Hot smoke the chicken

until smokey-brown colored and cooked through, about 12 minutes.

- While the chicken cooks, whisk the Shao-sing wine or sherry, soy, ginger, and sesame together in a small saucepan. Bring to boil over high heat, remove from heat and steep for 5 minutes.
- Brush over cooked chicken.
- To serve: Dice the chicken into very small pieces. Toss with the scallions and peanuts in a medium bowl.
- Cut the lettuce leaves into 40 squares or triangular scoops.
- Place a drop of Sriracha on top of each lettuce cup, and top with about 2 teaspoons of the diced chicken. Squeeze lime juice over the top, and drizzle the remaining soy-ginger sauce over the chicken.
- Serve.

Nutrition Facts



Properties

Glycemic Index:5.54, Glycemic Load:0.67, Inflammation Score:-1, Nutrition Score:1.924347816602%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg Thearubigins: 0.9mg, Thearubigins: 0.9mg, Thearubigins: 0.9mg, Thearubigins: 0.9mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 31.38kcal (1.57%), Fat: 1.17g (1.79%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 2.02g (0.74%), Sugar: 0.79g (0.88%), Cholesterol: 10.77mg (3.59%), Sodium: 413.38mg (17.97%), Alcohol: 0.15g (100%), Alcohol %: 0.7% (100%), Protein: 2.74g (5.48%), Vitamin K: 5.51µg (5.24%), Manganese: 0.09mg (4.7%), Vitamin B3: 0.86mg (4.3%), Selenium: 2.85µg (4.08%), Vitamin B6: 0.06mg (3.2%), Phosphorus: 30.41mg (3.04%), Vitamin B5: 0.18mg (1.81%), Potassium: 59.87mg (1.71%), Magnesium: 6.7mg (1.67%), Vitamin B2: 0.03mg (1.61%), Zinc: 0.24mg (1.58%), Iron: 0.28mg (1.56%), Folate: 6µg (1.5%), Vitamin B1: 0.02mg (1.48%), Copper: 0.03mg (1.34%), Fiber: 0.31g (1.25%), Vitamin B12: 0.07µg (1.21%), Vitamin A: 53.53IU (1.07%)