



Velvet Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 oz chicken broth low-sodium canned ()
- ☐ 6 servings cilantro leaves fresh
- ☐ 1 cup rice wine chinese (preferably Shaoxing)
- ☐ 1.5 inch ginger fresh
- ☐ 4 inch orange zest fresh
- ☐ 2.5 inch pepper dried red
- ☐ 6 servings rice cooked
- ☐ 1 bunch spring onion cut into 3-inch pieces

- ☐ 1 tablespoon sea salt fine
- ☐ 1 cup soya sauce
- ☐ 1 cup soya sauce dark (see cooks' note, below)
- ☐ 2 oz sugar yellow packed crushed
- ☐ 3 lb chicken whole
- ☐ 1.5 teaspoons star anise whole
- ☐ 0.5 teaspoon peppercorns black

Equipment

- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ cutting board
- ☐ cleaver

Directions

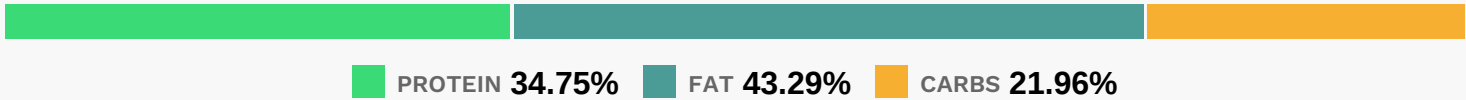
- ☐ Rinse chicken inside and out and pat dry.
- ☐ Combine remaining ingredients in a 4- to 6-quart heavy pot and bring to a boil.
- ☐ Add chicken, breast side down, and reduce heat to a simmer. (Chicken may not be completely covered with liquid.) Cook, covered, 15 minutes.
- ☐ Turn off heat and let chicken stand, covered, 30 minutes. Turn chicken over, then cover and let stand 15 minutes more. (Chicken will be cooked through.)
- ☐ Transfer chicken to a cutting board, reserving cooking liquid.
- ☐ Cut off drumsticks and thighs, then cut off wings, transferring pieces to a serving platter. (Chicken will release juices.) Separate breast (with rib cage) from back, discarding back.
- ☐ Using a cleaver or other sharp large heavy knife, cut breast against grain through bone into 1-inch-thick slices.
- ☐ Spoon some of warm poaching liquid over chicken and serve chicken warm, chilled, or at room temperature.

- ☐
- Pour remaining poaching liquid through a sieve set into a bowl and serve additional poaching liquid as a sauce if desired, then reserve remaining liquid to use again.
- ☐
- Dark soy sauce gives a deeper color to this dish. If it's unavailable, additional regular soy sauce is an acceptable substitute.

• Chicken keeps, covered and chilled, 2 days.

• Leftover poaching liquid keeps, chilled, in an airtight container 1 week, or frozen 3 months. Thaw if necessary and bring to a boil before using.* Available at Kam Man Food Products (212-571-0330).

Nutrition Facts



Properties

Glycemic Index:46.21, Glycemic Load:7.8, Inflammation Score:-5, Nutrition Score:14.677826103957%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 404.85kcal (20.24%), Fat: 17.54g (26.99%), Saturated Fat: 4.96g (30.99%), Carbohydrates: 20.02g (6.67%), Net Carbohydrates: 18.78g (6.83%), Sugar: 11.05g (12.28%), Cholesterol: 81.65mg (27.22%), Sodium: 5601.34mg (243.54%), Alcohol: 6.44g (100%), Alcohol %: 2.14% (100%), Protein: 31.69g (63.38%), Vitamin B3: 12.39mg (61.93%), Phosphorus: 312.48mg (31.25%), Vitamin B6: 0.57mg (28.45%), Manganese: 0.51mg (25.39%), Selenium: 17.21µg (24.58%), Iron: 3.75mg (20.84%), Vitamin B2: 0.3mg (17.67%), Potassium: 541.16mg (15.46%), Magnesium: 61.47mg (15.37%), Zinc: 2.01mg (13.42%), Vitamin B5: 1.32mg (13.22%), Copper: 0.26mg (12.86%), Vitamin K: 10.87µg (10.35%), Vitamin B1: 0.12mg (8.08%), Vitamin B12: 0.47µg (7.83%), Vitamin C: 5.17mg (6.27%), Folate: 24.05µg (6.01%), Calcium: 51.62mg (5.16%), Fiber: 1.24g (4.97%), Vitamin A: 224.39IU (4.49%), Vitamin E: 0.38mg (2.54%), Vitamin D: 0.22µg (1.45%)