

White-Cut Chicken

 Gluten Free  Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cilantro leaves fresh
- ☐ 1.5 inch ginger fresh peeled
- ☐ 3 tablespoons soy sauce light (preferably Pearl River Bridge brand)
- ☐ 1 teaspoon salt
- ☐ 1 bunch spring onion white green very thin cut into 2-inch strips (and pale parts only)
- ☐ 1 teaspoon sesame oil
- ☐ 3 tablespoons vegetable oil
- ☐ 14 cups water

- ☐ 3 lb chicken whole with head and feet if desired), neck (if without head) and giblets reserved for another use if desired
- ☐ 2 oz frangelico trimmed sliced (1 piece or)
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Equipment

- ☐ bowl
- ☐ pot
- ☐ wok
- ☐ slotted spoon
- ☐ cutting board
- ☐ cleaver

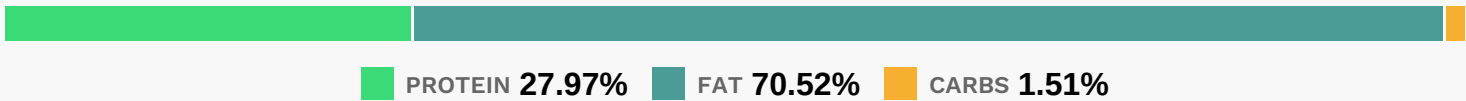
Directions

- ☐ Rinse chicken inside and out, then bend legs to tuck feet (if still attached) inside cavity. Stuff cavity with scallions, ham, and ginger.
- ☐ Bring water with salt to a boil in a deep 7- to 8-quart stockpot or pasta pot.
- ☐ Add chicken, breast side down (chicken may not be completely covered with liquid), then reduce heat and simmer, covered, 20 minutes.
- ☐ Remove from heat and let stand, covered, 30 minutes. Turn chicken over and let stand, covered, 15 minutes more (chicken will be cooked through).
- ☐ While chicken stands, fill a large bowl three-fourths full with ice and cold water. Carefully remove chicken from pot with a large slotted spoon and plunge into ice water to stop cooking.
- ☐ Let stand, gently turning over once (be careful not to tear skin), until cool, about 10 minutes total. Carefully transfer to a cutting board and discard scallions, ham, and ginger from cavity. Pat dry. Rub skin with sesame oil.
- ☐ Stir together scallions and soy sauce in a small heatproof bowl.
- ☐ Heat wok over high heat until a drop of water vaporizes instantly.
- ☐ Pour oil around side of wok, then tilt wok to swirl oil, coating sides. When oil just begins to smoke, carefully add ginger (oil will spatter) and stir-fry 30 seconds. Immediately remove

from heat and pour over scallion mixture, stirring to combine (scallions will wilt).

- ☐ To cut and serve chicken on a platter (Chinese restaurant–style), cut off the head and neck (if attached) with a cleaver and put at one end of a large platter. (These parts, along with the back and feet, aren't always eaten.)
- ☐ Cut off the feet.
- ☐ Cut off the drumsticks and thighs, then cut crosswise through the bone into 1-inch pieces.
- ☐ Place the feet and leg meat at the other end of the platter.
- ☐ Cut off the wings, separating them at the joints, and put on the sides of the platter.
- ☐ Cut through the ribs, separating breast from back, then cut the backbone crosswise into 3 pieces and put them in the center of the platter. (Striking the cleaver with a rubber mallet makes the cuts clean.)
- ☐ Cut the breast crosswise through the bone into 1-inch pieces and arrange on the back. Alternatively, cut chicken according to procedure and mound pieces in a bowl.
- ☐ Drizzle 2 tablespoons dipping sauce over chicken and sprinkle with cilantro leaves.
- ☐ Serve warm or at room temperature, with remaining dipping sauce on the side.
- ☐ · Chicken can be cooked and rubbed with sesame oil (but not cut) 1 day ahead and chilled, covered. · Chicken can be cut up and arranged on platter 4 hours ahead and chilled, covered. Bring to room temperature 1 hour before serving.
- ☐ Drizzle with dipping sauce just before serving. · Dipping sauce can be made 4 hours ahead and kept, covered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:7.3069565866304%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 231.33kcal (11.57%), Fat: 17.92g (27.57%), Saturated Fat: 4.37g (27.33%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.22g (0.24%), Cholesterol: 61.24mg (20.41%), Sodium: 746.7mg (32.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16g (31.99%), Vitamin B3: 5.86mg (29.28%), Vitamin K: 19.98µg (19.03%), Selenium: 11.85µg (16.93%), Vitamin B6: 0.3mg (15.23%), Phosphorus: 130.83mg (13.08%), Vitamin B5: 0.78mg (7.79%), Zinc: 1.16mg (7.75%), Vitamin B2: 0.11mg (6.63%), Magnesium: 24.6mg (6.15%), Copper: 0.12mg (6.12%), Iron: 0.97mg (5.38%), Potassium: 187.62mg (5.36%), Vitamin E: 0.71mg (4.76%), Vitamin A: 211.7IU (4.23%), Vitamin B12: 0.25µg (4.22%), Vitamin B1: 0.06mg (3.71%), Manganese: 0.06mg (3.1%), Vitamin C: 2.21mg (2.67%), Calcium: 25.97mg (2.6%), Folate: 8.8µg (2.2%), Vitamin D: 0.16µg (1.09%)