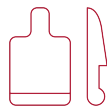




Ginger Soy Chicken, Vegetables, Steamed Rice and Steamed Spring Onion Rolls



DIFFICULTY: MEDIUM



PREPARATION TIME: 30
MINUTES & 40 MINUTES
PROVING TIME AND RESTING



COOKING TIME: 18 MINUTES



SERVES: 6

Ingredients

Steamed spring onion rolls

- 250g plain flour
- 1 tsp dried yeast
- $\frac{3}{4}$ tsp baking powder
- 1 tsp caster sugar
- $\frac{1}{4}$ tsp salt
- 160ml water, approximately

Filling

- 1 spring onions, finely chopped
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp Chinese five spice powder
- 1 tbsp peanut oil
- 1 spring onion, finely chopped extra

Ginger soy chicken, vegetables and rice

Method

Place all of the ingredients for the spring onion rolls in a bowl of a stand mixer and knead together with a dough hook for 10 minutes. Add extra water if required to make a smooth soft dough. Put dough in a bowl in the oven, select Dough proving setting 1 and prove for 30 minutes.

While the doughs is proving, make the filling. Place the spring onions, five spice, salt and oil in a small saucepan. Place saucepan over Induction level 9 or FlameSelect level 9 for 1 minute, mix well. Allow to cool.

Marinate the chicken while proving the rolls. Place chicken, ginger, garlic, Ketjap Manis, oyster sauce and sesame oil in a metal baking dish (ensure that the tray it fits beside the rice tray). Stir to combine.

When the dough has proved, dust the bench lightly with flour. Roll dough out to a rectangle approximately 20cm x 30 cm. Spread filling on the dough and sprinkle with extra spring onion, fold into three layers, lengthways. Cut strip into 12 even pieces.

Take 2 of the pieces and stack together. Press a chopstick into the middle of the stack lengthways. Stretch the stack to about 20cm long. Now, place the chopstick across the middle of the strip. Pinch the two ends together and twist using the chopstick. Remove the chopstick, place the roll ends side down on the large perforated tray, lined with baking paper Repeat with remaining dough to make 6 rolls. Cover with a damp tea towel and allow to rest for 10 minutes.

Prepare all vegetables and have ready to be added to the chicken later. Place rice with 2 cups of water in the solid stainless steel tray.

When spring onion rolls are ready, place the prepared rice in the oven, on

750g chicken tenderloins, trimmed
2 cm piece ginger, peeled and finely sliced
2 cloves garlic, chopped
2 tbsp Ketjap Manis
2 tbsp oyster sauce
1 tbsp sesame oil
150g snow peas, trimmed
1 bunch broccolini, cut into 4cm pieces
2 carrots, peeled and slice thinly
3 spring onions, cut into 4cm lengths
2 cups jasmine rice

the wire rack on shelf level 3 and select FullSteam 100°C. Set cooking time to 5 minutes.

After 5 minutes, add the prepared chicken tray on shelf level 3 to the oven and continue cooking the rice and chicken for a further 2 minutes. When the cooking time ends, add the spring onion rolls to shelf level 2 and continue cooking for 5 minutes. Again when the cooking time ends, add the vegetables to the chicken tray and cook all of the foods for another 5 minutes.

Remove all of the food from the oven and toss the chicken and vegetables with the cooking liquid. Serve the rice, topped with the chicken and vegetables, and the spring onion rolls.

Notes

It is important to open and close the oven door as quickly as possible when adding each food item. Steamed spring onion rolls can be made ahead of time and reheated for 10 minutes.