COOKING PASSION SINCE 1877

Asian Braised Chicken with Mushrooms

DIFFICULTY: EASY

PREPARATION TIME: 15 MINUTES

COOKING TIME: 50 MINUTES

SERVES: 4-6

Ingredients

2 tbsp plain flour

1 tsp five spice powder

1.8 kg whole chicken, jointed with skin on

3 tbsp vegetable oil

4 garlic cloves, sliced

2 cm fresh ginger, peeled and grated

1 red chilli, finely sliced

1 whole star anise

100g fresh shiitake mushrooms

100g fresh wood ear fungus

100g oyster, enoki or shimeji mushrooms

½ bunch spring onions, cut into 4cm pieces

2 Tbsp brown sugar

2 Tbsp Chinese rice wine

2 Tbsp dark soy

250ml chicken stock

3 tbsp oyster sauce

Method

Preheat oven to CircoTherm 180°C and VarioSteam medium level.

Mix flour and five spice together, then coat chicken pieces. Heat oil in a large cast iron casserole dish over high heat, Induction level 8 and brown the chicken in batches. Remove and set aside. Add garlic, ginger, chilli and star anise cook for a few minutes. Add the remaining ingredients and mix to combine. Return chicken to the dish. Place dish in oven on shelf level 2 and set a timer for 15 minutes.

While chicken is cooking, place rice in a small cast iron casserole dish with 375ml water. When the timer has lapsed, add the rice to the oven alongside the chicken and continue cooking for 20 minutes.

While the chicken and rice are cooking, prepare the bok choy. Wash, trim ends and cut into quarters lengthwise. Place on a plate and drizzle with sesame oil. When the chicken and rice timer has lapsed, remove the rice from the oven and cover with aluminium foil. Lay the bok choy on top of the chicken in a single layer. Continue cooking for a further 5 minutes.

Serve the braised chicken and mushrooms with rice and bok choy. Spoon over broth.

Rice

1 cup jasmine rice

1 bunch bok choy

1 tsp sesame oil

Notes

You can ask your butcher to joint the chicken. Alternatively, you can use chicken casserole pieces or Maryland.

If VarioSteam is not available, cover the chicken and rice with a lid or foil while cooking.

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