

HAINAN CHICKEN RICE

By wildsourdough.com.au



Preparation : 10 min - **Resting :** 1 hr 30 min - **Cooking :** 1 hr 30 min - **Equipment :** -

Ingredients : 4

- STEAM CHICKEN - 1.2 - 1.5 kg organic/free range chicken - (no bigger than 1.5kg) - 1 - 2 slices fresh ginger - 2 tbs chinese shao xing wine (optional) - (avail. from Chinese Grocery store) - 1.5 l filtered water - STEAM RICE - 300 g thai jasmine or long grain rice - 1 tsp Murray River pink salt flakes - or good quality sea salt - left over stock from steaming chicken RESERVE 3tbs for sauce - enough filtered water to make up 1.5 litre - SOY SAUCE MIXTURE FOR CHICKEN - 3 tbs chicken stock from steaming chicken - 2 tbs light (not dark/roasted) sesame seed oil preferably organic - 2 tbs gluten free Kikkoman soy sauce - or wheat free Tamari - 2 tbs good quality Fish sauce - 1 clove organic local garlic optional

STEAM CHICKEN

1. Using the steamer basket, put a good quality 1.3-1.5kg free range (and organic chicken), breast side up. Add 1.5 litre of water in the CE bowl.

2. Using the STEAM function, cook for around 45mins. Test for doneness using a thermometer, the thickest part of the chicken should read 75C to make sure that the chicken is cooked. If it's not cooked through or you can still see blood in the cavity of chicken, steam some more and test again after 10-15mins. Do not over-cooked your chicken.

3. Take chicken out to rest in a plate or clean chopping board, and cover. Keep warm if you have a double wall stainless steel serving bowl.

STEAM RICE

1. You need to top up the left over stock (water) to about 1.5 litre and add 1tsp of pink salt flakes or Maldon sea salt. Add 300g of washed long grain jasmine rice, and place rice in the steamer basket. Using the Cook Expert function, turn it on to: 30min, speed 7, 115C.
2. Fluff up (stir) your rice and check to make sure the water/stock is back up at 1.5 litres and turn it back on to 15min, speed 7, 115C.
3. Rice should be cooked and fluffy by now, if not cook for another 10-15 minutes until rice is cooked. Take out rice basket onto a plate and put the chicken on top to warm, while you make the soy sauce mixture for the chicken.

SOY SAUCE MIXTURE FOR CHICKEN

1. Remove the remainder of the liquid from steaming the rice and discard.
2. Add all ingredients and blitz for a minute until garlic is finely chopped

Cook Expert ■

© wildsourdough.com.au

User-contributed recipes are not retested by Magimix.

Name : wildsourdough.com.au