

Hainanese chicken

By Miele

25 minutes

Preparation time

1 hour, 10 minutes

Cooking time

6

Serves



INGREDIENTS

Chicken

1.2kg whole chicken
30ml rice wine vinegar
60ml soy sauce
4 garlic gloves, minced
25g ginger, sliced
3 spring onion, chopped
30ml sesame oil
15g Murray River Sea Salt

Chilli Sauce

10 long red chillies, seeded and roughly chopped
2 garlic gloves, peeled
5cm ginger, peeled
40ml lime juice
40ml rice wine vinegar
20ml sesame oil
5g salt

Soy Sauce Dressing

100ml soy sauce
40g caster sugar
40ml Chinese rice wine
5ml sesame oil

Rice

30ml peanut oil
20g ginger, grated
30g garlic cloves, grated
500g long grain rice, rinsed and drained
20g salt
1.2 litres chicken stock, hot

Garnish

3 spring onions, thinly sliced on the diagonal
½ cup coriander leaves
1 Lebanese cucumber, peeled and sliced

METHOD

Chicken

1. Combine all ingredients together apart from the chicken and turn into a paste using a mortar and pestle.
2. Massage the mixture over the chicken, making sure to place some under the skin of the breast, thigh and in the cavity of the bird.
3. Place in a solid steam tray and steam at 100°C for 55 minutes.
4. Remove chicken from the stock and place on a warm plate to rest for 15 minutes. Reserve the stock for serving.

Chilli Sauce

1. Combine all ingredients in the jug of an electric blender. Blitz on high for a few seconds until a rough puree is formed. Set aside for serving.

Soy Sauce Dressing

1. Combine all ingredients in a small saucepan. Cook on medium heat, Induction setting 5-6 until just boiling. Remove from the heat and cool to room temperature.

Rice

1. Heat the peanut oil, add the ginger and garlic and fry until golden.
2. Add the rice and salt and cook for 2 minutes.
3. Transfer mixture to a solid steam tray, add the hot stock and cook at 100°C for 15 minutes.

To Serve

1. Slice the chicken into bite size pieces and place on a warmed serving platter. Garnish with spring onion, coriander and cucumber.
2. Serve the rice in a warm bowl along with the other condiments in separate bowls.