

Slow Cooker Crispy Chinese Shredded Chicken

★★★★★
5 from 14 votes

Prep Time

5 mins

Cook Time

8 hrs

Total Time

8 hrs 5 mins

This is one of those Chinese dishes that tastes great even if you have to substitute one or two of the ingredients or get the quantities a bit wrong. I really encourage you to go to an Asian Grocery store to get Chinese cooking wine because it is so cheap! I bought a large bottle for A\$0.99 (less than US\$1.00). This shredded chicken is great served on rice, with noodles (like this [Crispy Shredded Chicken Noodle stir fry](#)), in fried rice, stir fries or even on salads.



Course: Slow Cooker

Cuisine: Asian, Chinese

Servings: 10 -12

Calories: 440 kcal

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Ingredients

- 3 - 4 lb / 1.5 - 2 kg whole chicken , skin on
- 2 1/2 cups Chinese cooking wine (or sherry) (see notes)
- 3/4 cup brown sugar (or substitute with white sugar)
- 1/4 cup black vinegar (or substitute with malt vinegar, or white vinegar. Don't use balsamic)
- 1 1/4 cups light soy sauce (or substitute with 3/4 cup ordinary soy sauce + 1/2 cup water + 1 tsp salt)
- 3 tbsp coarsely chopped ginger (no need to peel)
- 4 garlic cloves , crushed (not minced - see notes)
- 3 tbsp cooking oil (vegetable, peanut or canola)

Instructions

Slow Cooker

1. Place all ingredients except the oil in slow cooker.
2. Slow cook on high for 8 hours.

Stove Top

1. Place all ingredients except the oil in a pot in which the chicken fits quite snugly but not tightly (you don't want the sides of the chicken pressed up tightly against the wall of the pot).
2. Put lid on and bring to boil over high heat. Turn heat down to low and let it simmer for 1 1/2 to 2 hours, until the meat is very tender and falling off the bone.

Shredding and Crisping

1. Remove chicken from braising liquid.
2. Shred with your hands or two forks, including the skin. The meat should fall off very easily.
3. Heat 1 tbsp of oil over high heat in a large heavy based fry pan.
4. Add chicken (enough to cover the pan without crowding it) and drizzle over braising liquid.
5. Cook until the underside is browned and crispy (about 1 1/2 minutes), then remove from the pan. Don't flip the chicken (see notes).
6. Repeat with remaining chicken (it takes me 3 batches).
7. Serve with rice, on rice stick noodles or on a salad with the remaining braising liquid on the side. It is also great in fried rice.

To Store

1. This freezes really well, before or after browning the chicken. Just divide into freezer bags, label then freeze. If you froze it before browning the chicken, then brown it after thawing.

Recipe Notes

1. Chinese cooking wine is available in large supermarkets but I really recommend going to an Asian grocery store where you can pick up a 750 ml / 25 oz bottle for as little as \$0.99! It's also known as Shaoxing wine (Shaohing, Shaoshing).
2. To crush garlic cloves, just bang down on the clove (skin on) with the side of a knife or meat mallet so it bursts open but is still largely one piece. The skin should slip straight off.
3. By only browning one side of the chicken, you get both the crunchy brown bits as well as retaining the incredible juiciness of the shredded chicken.
4. The nutrition analysis assumes this 10 servings. It is higher than it should be because a lot of the fat renders out into the braising liquid and you do not use all the braising liquid. However, I can't estimate the effect of this

so this is the nutrition analysis including all the fat on the chicken.

Nutrition Facts	
Serving Size 286 g	
Amount Per Serving	
Calories 440	Calories from Fat 92
% Daily Value*	
Total Fat 10.3g	16%
Saturated Fat 2.5g	13%
Trans Fat 0.0g	
Cholesterol 154mg	51%
Sodium 1927mg	80%
Potassium 489mg	14%
Total Carbohydrates 15.0g	5%
Sugars 11.2g	
Protein 60.2g	
Vitamin A 1%	Vitamin C 1%
Calcium 5%	Iron 15%
Nutrition Grade B-	
* Based on a 2000 calorie diet	

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