

October 6, 1995

Chinese Roast Chicken

4 1/2 pound chicken, cleaned with salt

Marinade: 2 tablespoons dark soy sauce
2 tablespoons Chinese rice wine or dry sherry
1/4 teaspoon ground ginger
1/2 teaspoon salt plus five-spice powder*
2 tablespoons honey
1/2 teaspoon salt
1/2 teaspoon ground black pepper

Boil water in a large pot. Put chicken in the pot. Allow the water to boil again. Turn off the fire. Take chicken out of the pot, and place it in a bowl.

Mix marinade, and rub the inside and outside of the chicken with the marinade. Allow chicken to marinate in bowl overnight in refrigerator. Turn the chicken over about halfway through marinating it.

Let chicken come to room temperature. Preheat oven to 350°F. Cover the top of a flat metal tray with aluminum foil (the aluminum foil should have high sides), and place a rack on the aluminum foil. Place chicken on the rack with its backside up, and place the tray on the lowest rung of the oven. Baste chicken with marinade. Bake for 45 minutes. Turn chicken over. Baste chicken with marinade. Bake for 35 to 45 minutes more or until brown.

* To make salt plus five-spice powder, heat 1/4 cup salt in a frying pan until the salt turns light brown. Turn off the heat. Wait about 4 minutes. Mix in 1 heaping teaspoon of five-spice powder.