

October 28, 2017

Chinese White-Cut Poached Chicken

3 lbs. chicken

Optional: Instead of water, can use chicken broth seasoned with the following.
 Green onion, sliced
 Ginger, sliced
 Garlic
 Sherry

Bring water or seasoned chicken broth to a vigorous boil.

Place chicken in the pot, breast side down, bring back to boil, and boil on high heat for 5 minutes.

Turn the chicken over, legs down, and boil on high heat for 10 minutes.

Cover the pot,

Let sit for 1 hour.

Check the temperature of the chicken (at least 165 °F).

Recipe by Simon's mother, Feng Nuan Li

Optional:

1. Can dip the chicken in boiling water, rinse the chicken with cold water, and repeat. Then follow the recipe above. Mommy said that this suggestion was from a cook in a Guangzhou restaurant.
2. Rub the chicken skin with ice after the chicken is removed from the pot. Mommy heard this from Po Po or Daddy.