

Salt Baked Chicken Recipe (Chinese Hakka Recipes)

Ingredients: Serves 6-8, Oven: Preheat to 450°F

One 3 to 3¼ lb chicken
¼ cup salt, for rubbing chicken
¾ teaspoon powdered sand ginger mixed with 2 tablespoons Shao-Hsing wine or dry sherry
2 scallions, trimmed, flattened with the flat of a cleaver blade, then each cut into 4 equal pieces
One ¼-inch-thick slice fresh ginger
One 1- by 2-inch piece dried tangerine peel, soaked in hot water for 30 minutes until soft
2 lotus leaves, soaked in hot water for 20 minutes until soft, washed, drained, and reserved
6 lbs kosher salt

Method:

Clean the chicken and remove any fat and membranes. Wash under cold running water and drain. Sprinkle the outside with the ¼ cup salt, rub in, rinse, drain and pat dry with paper towels. Rub the sand ginger-wine mixture inside the chicken cavity and out. Place the scallions, ginger, and tangerine peel inside the cavity. Wrap the chicken with overlapping lotus leaves to cover completely. Heat the oven to 450°F. Place half of the kosher salt in a Dutch oven, the other half in a roasting pan. Place both the Dutch oven and the roasting pan in the oven. Allow the salt to become hot, about 30 minutes. Remove both from the oven. Make a shallow well in the salt in the Dutch oven and nestle the chicken into it. Pour the salt from the roasting pan over the chicken to cover. Place the Dutch oven, uncovered, in the oven and roast the chicken for an hour and 10 minutes. Turn off the heat, remove from the oven, and allow the chicken to rest for 15 minutes. Remove the chicken from the salt to a large platter. Unwrap it and discard the lotus leaves. Chop the chicken into bite-sized pieces and serve with the following sauce.

Salt-Baked Chicken Sauce Ingredients:

3 tablespoons soy sauce
1 tablespoon peanut oil
1 teaspoon sesame oil
1 tablespoon Chinese red vinegar or calamansi juice
1½ tablespoons finely julienned fresh ginger
1½ tablespoons finely julienned white part of scallions
3 tablespoons oyster sauce
1 tablespoon hot water

Method: Mix all the ingredients together and serve in small individual condiment dishes. For spicier sauce, you can add in finely cut bird's eye chilies.