

Steamed Chicken Ham Recipe

Ingredients:

1 whole chicken, about 1.5 kg
1 tablespoon salt
1 stalk scallion
2 ginger slices
100 g ham
300 g kai lan (Chinese kale), parboiled in salt water
1 cup of chicken stock
1 teaspoon light soy sauce
1 tablespoon rice wine
1 teaspoon sugar
1 teaspoon cornflour

Method:

Rub salt all over chicken, place scallion and ginger in chicken cavity and steam bird for 20 minutes. When cool, discard scallion and ginger, de-bone chicken and chop into small pieces. Cut ham into pieces the same size as the chicken. Place chicken and ham alternately on a plate. Decorate with kai lan. Place plate on a stand in a wok half filled with water and steam, covered for 10 minutes. In the meantime, combine stock, light soy sauce, wine, sugar and cornflour, in a pot. Cook over a medium fire stirring continuously until sauce is thickened. Pour sauce over the chicken just before serving.

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