



HAINANESE CHICKEN WITH CHICKEN RICE AND SMASHED CUCUMBER SALAD BY JAIMIE JOHNSON AND DEBBIE ORR

HAINANESE CHICKEN

INGREDIENTS:

- 1 free range chicken
- 1 Tbsp. salt
- 1 thumb sized chunk of ginger
- 1 small bunch of spring onions
- water to cover

CHICKEN RICE

SERVES:

4

INGREDIENTS:

- 1 Tbsp. oil
- 1 thumb sized chunk ginger chopped finely
- 3-4 cloves of garlic chopped finely
- 3 cups of jasmine rice
- 3 of chicken stock from chicken

METHOD:



HAINANESE CHICKEN:

The rice can be prepared while the chicken is cooking.

To create the stock for cooking the chicken pop a large pot half filled with water on high heat and cover, slice the ginger, crush two cloves of garlic with skins on and chop off the green ends off the spring onions using the side of your knife blade, crush the spring onion stalks to ensure they release their flavor in the stock.

Once the water has reached a boil, drop the prepped ingredients into the water.

Place the chicken breast facing up in the water and turn the heat off completely, allow the chicken to poach in the water, for a 1kg chicken it will take roughly 45min.

CHICKEN RICE:

To make the chicken rice, on a low heat begin by frying the ginger and garlic in a pan with a dash of oil.

Meanwhile, wash your rice in a large bowl by pouring a jug of water over the rice and swirling it for a minute with your hand until the water becomes milky, then drain and add into the pan, turn the heat up to medium and fry for 1-2mins before transferring into a rice cooker along with stock from the pot the chicken is cooking in.

Let the chicken cool completely before cutting up.

SMASHED CUCUMBER SALAD:

INGREDIENTS:

- 1 large cucumber
- 1 Tbsp. Chinese black vinegar
- 2 Tbsp. crunchy peanut butter
- 1 Tbsp. chili oil
- 2 tsp chili paste
- 1 tsp. peppersalt
- 2 tsp chilli paste
- 1 Tbsp. sugar
- coriander to taste
- Edible flowers of choice

METHOD:

Trim the ends off the cucumber and using the side of a cleaver knife, smash it till it breaks apart than roughly chop to ensure the cucumber is all broken up.



In a bowl, dress the salad in stages first add a handful of the cucumber, then drizzle with black vinegar add crunchy peanut butter, chili oil and paste, sugar, coriander and pepparsalt, repeat until you have used all your ingredients then garnish with a little extra coriander and edible flowers

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