HAINAN CHICKEN RICE

SCRUMPTIOUS READS



1 chicken, preferably organic

8 clove garlic

5 slices ginger

Water

1 - 2 Teaspoon salt

INGREDIENTS - RICE

3 cup long grain rice

Broth from cooking chicken

5 clove garlic

4 slices ginger

8 pandanus leaves, tied in a knot

Salt to taste



Blanch chicken.

Stuff the garlic and ginger into the cavity of the chicken and seal it with a toothpick.

Put the chicken in the pot, add boiled water and salt.

Simmer the chicken for about 25 - 30 minutes or till cooked.

Keep the broth for use on rice, chilli sauce and soup.

Remove the chicken from the pot and pat dry with a

kitchen towel.

Cut chicken into pieces when cool.

METHOD - RICE

In a hot wok, add 2 teaspoon oil.

Sauté ginger and garlic till fragrant.

Add in washed rice, and sauté until rice is coated well with the oil.

Add salt and mix well with rice.

Pour rice with ginger and garlic into rice cooker.

Add in broth from chicken, cooked earlier.

Add in the pandanus leaves.

Cook rice mix.

This dish is best shared with family and friends. Place everything in the centre of the table and let people help themselves.





INGREDIENTS – CHILLI SAUCE

1	tablespoon garlic oil
1	teaspoon sesame oil
5	tablespoons light soya sauce
1	1/2 tablespoons sugar
3	tablespoons from chicken broth

INGREDIENTS – GARLIC CHILLI SAUCE

10 fresh red chilies
2 cm piece ginger
4 garlic cloves
1/4 teaspoon salt
1 teaspoon lime juice
Grind all of the above and add
2 tablespoons from chicken stock

INGREDIENTS – CHICKEN SAUCE

1	teaspoon sesame oil
5	tablespoons light soya sauce
1	1/2 tablespoons sugar
3	tablespoons from chicken broth

GARNISHING

Fresh coriander leaves
Sliced cucumber
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3 tablespoons from chicken broth



