

# Christina's Cantonese White Cut Chicken

feeds 6-8

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*With this recipe, you will make a yummy traditional chicken dish and have enough chicken broth to use for cooking some rice.*

## **Ingredients:**

2-3 pound fryer (or 2 chicken legs/breasts)  
1 T salt  
6 cups water (or enough to cover chicken)  
4 ginger slices  
2 stalks green onion (scallion)

## Ginger Scallion sauce:

pinch of salt  
2 slices ginger  
1 stalk green onion (scallion)  
1/3 cup canola oil

1 T Coleman's dry mustard (optional)  
2 T oyster sauce (optional)



## **Instructions:**

- Boil water in a dutch oven or large soup pot
- Rinse and pat dry chicken
- Rub chicken all over inside and out with salt; insert ginger slices and 2 stalks green onion into cavity of chicken
- Place chicken into boiling water. Bring water to boil again then lower temperature to simmer for 20 minutes or until a chopstick poked at thigh joint has juices running clear
- Remove chicken from pot to cool

## Meanwhile, cook some **Delicious Rice:**

- Wash rice until water runs clear
- Add to rice pot and add enough chicken broth until your first finger joint is covered. (2 water to 1 rice ratio)
- Bring to a boil and immediately turn down heat to simmer for 10 minutes
- Fluff rice before serving

While the rice is cooking, prepare your sauces/condiments to go with your chicken.

1) **Ginger and scallion sauce**

- Mince ginger and finely cut up scallion; crush with pinch of salt.
- Heat oil in a small saucepan and pour over ginger/scallion/salt mix.

2) **Oyster sauce** – simply pour out of the bottle

3) **Hot mustard**

- Mix 1 T Coleman's powdered mustard with 1 T cold water

**To serve:**

- Cut up chicken by separating drumsticks and wings from body. Debone if you wish. Slice down breastbone for the two sides.
- Serve over rice and with stir fried vegetables.

**Christina's suggestions for any leftover cooked chicken:**

- shred chicken for lettuce wraps; serve with hoisin sauce
- salad
- egg foo yung

*Enjoy!*

