

Chinese Chicken with Sticky Rice

TV Food Network, Family Dinner episode
The Woks of Life blog



5 shiitake mushrooms, dried

4 chicken thighs, deboned, skin on

MARINADE:

1 medium garlic clove, minced

1 medium shallot, finely chopped

1 tablespoon soy sauce

1 tablespoon Shaoxing wine, or dry sherry

1 teaspoon five spice powder

1 teaspoon sesame oil

RICE:

2/3 medium onion, finely chopped

1 1/3 cups sweet rice, also called sticky rice, raw

1 1/3 tablespoons vegetable oil

1 small lean Chinese sausage (lap cheung) diced,
or substitute bacon

1 scallion, finely chopped

1/2 teaspoon salt

1/6 teaspoon white pepper

1 teaspoon soy sauce

1 teaspoon dark soy sauce

TOPPING:

1 1/3 cups low-sodium chicken broth

Salt and white pepper to taste

1/8 teaspoon five spice powder, sprinkled on top
of chicken

*Per Serving (excluding unknown items): 579
Calories; 38g Fat (60.1% calories from fat);
36g Protein; 21g Carbohydrate; 2g Dietary
Fiber; 189mg Cholesterol; 840mg Sodium;
2g Total Sugars; trace Vitamin D; 31mg
Calcium; 2mg Iron; 622mg Potassium;
389mg Phosphorus. Exchanges: .*

Carolyn T's Blog: tastingspoons.com

Servings: 4

NOTE: the chicken skin is important, so don't use skinless. Chinese sausages vary in size. I think for this dish, a small one will suffice or 1 thick sliced piece of smoked bacon.

1. MUSHROOMS & CHICKEN: soak mushrooms (if you didn't soak them overnight already, this can be expedited into a 1-2 hour process if you soak in hot water) and debone the chicken thighs.

2. Chop the onions, garlic, shallot, and scallion. Cut the sausage into small discs and slice the mushrooms (after soaking and draining) lengthwise into thin strips.

3. MARINADE: Combine the shallot, garlic, wine (or sherry), five spice powder, and sesame oil into a stainless steel or glass bowl. Add the chicken to the mixture and coat it in the marinade. Cover with plastic wrap and transfer to the refrigerator to marinate for 1 to 2 hours.

4. RICE: The package said soak rice in cold water for 15 minutes, drain, then each cup of rice is cooked in about 7/8 cup of water in a saucepan, covered, for about 10-15 minutes. Do not overcook and don't allow rice to stick to bottom (so, stir frequently). Set aside.

5. STUFFING: Heat vegetable oil in a wok using medium heat, and cook the onion until translucent. Add the Chinese sausage and cook for another minute. Then add the mushrooms, scallion, salt and white pepper. Cook another minute and add in the cooked sticky rice, salt to taste, then add the soy sauce, and dark soy sauce. Mix thoroughly (this will take awhile as the rice doesn't like to come apart and mix very easily) and then allow the rice mixture to cool.

6. BAKE: Preheat oven to 375°F. Divide the rice into equal ovals for each thigh, and wrap meat around each portion, tucking all sides under. Lay them in a baking dish. Add chicken broth (pour it evenly in between the crevices of the chicken) and reserve the rest if needed during baking.

7. Combine salt, white pepper with five spice powder, and sprinkle a dash of the mixture over the skin of each chicken portion. Bake for about 35 minutes, and add additional broth if the bottom of the pan looks dry.

Watch it closely, as you don't want to overcook the chicken. Use an instant read thermometer and move to next step when it reaches 165°F.

8. Once the meat is cooked through, broil it on low for 2-3 minutes until the skin is golden brown. Don't walk away as it broils! Watch it like a hawk to prevent burning. Serve immediately.