

Braised Sea Cucumber with Chicken Recipe

Ingredients: Serves 4

1kg dried sea cucumber (choose those that are slightly translucent when held against the light)
4 cloves garlic, peeled and chopped
a 3-cm knob ginger, peeled and chopped
1½kg chicken, cut into bite-sized pieces
300g cuttlefish, cut into bite-sized pieces
200g soaked Chinese mushrooms
150g dried sole fish, toasted until crisp and ground finely
1 can winter bamboo shoots, cut into bite-sized pieces
coriander leaves, as garnish

Seasoning:

3 teaspoons white pepper powder
3 tablespoons fish sauce
2 teaspoons salt
4 tablespoons Hua Tiao wine

Method:

To prepare the dried sea cucumber, soak them in water for 2 days, changing the water at least twice each day. Scrub the sea cucumber well, including the entails area. Boil in water for about 30 minutes, then soak it again in clean water for 1 day. Cut sea cucumber into desired lengths. In a wok, heat a sling of oil and stir-fry sea cucumber with garlic and ginger until fragrant, to lessen fishy odor from the sea cucumber. Place all ingredients, except for the seasoning, in a pot. Add enough water to cover over the ingredients. Bring to a boil and then lower heat to a simmer. Cook until sea cucumber is tender, stirring the pot occasionally. Add seasoning and simmer for another 10 minutes. Serve garnished with coriander leaves.

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