

Chicken Rolls with Egg Yolk Recipe

(Taiwanese Recipe)

Ingredients: Serves 4

2 whole chicken legs
2 roasted nori sheets
8 salted egg yolks
4 cloves garlic
2 pieces white cheese cloth
4 cotton threads
4 tablespoons salt
1 tablespoon cooking wine

Method:

Remove bones from chicken legs, score horizontally on surface of the meat. Slice the thickest part into pieces and tenderize with a tenderizer; crush garlic and mix well with salt and cooking wine, marinate chicken slices in mixture for 20 minutes. Wet a piece of cheese cloth, spread out, place chicken meat on the lower corner, then top with a sheet of laver, then squeeze 4 salted egg yolks into a long strip and place over laver, roll tightly into a cylinder, wrap well with cheese cloth, tie with cotton thread or linen string and remove to a steaming plate. Steam in rice cooker or steamer for 30 minutes on high heat, remove and cool first, unwrap and cut into slices. Serve. Use half free range chicken which has better texture, have the vendor bone the chicken. Discarded bones can be used to cook soup broth. If white cheese cloth is not available, use any coarse white fabric, wash to remove wax or soak until soft first before using, roll chicken rolls tightly or there will be holes in the chicken roll slices after slicing open.

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